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THE PAARL WOMEN'S ZIONIST SOCIETY

Presents

FOOD FROLICS

Compiled by

SHEILA SLOME and JOYCE SOLOMON



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FOREWORD

It is with great pleasure that the Paarl Women's Zionist Society presents "Food Frolics" to the women of South Africa.

We feel that each and everyone will find something new and interesting in this publication and we hope that the recipes contained therein will prove to be a great standby to every housewife in her culinary efforts.

To the compilers, Joyce Solomon and Sheila Slome, we wish to express our sincere thanks and appreciation for their untiring efforts in planning this book. They have spent many months gathering recipes from far and wide and we feel sure that the results of all their endeavour will be welcomed in every household and at the same time greatly benefit the funds for which our Society works.

Mrs. IDA RABINOWITZ

Co-Chairman with Mrs. Flower Brauer of the Paarl Women's
Zionist Society.

CONTENTS.

	Page
Title Page	i
Foreword	iii
Contents	iv
Acknowledgements	v
Article by Joyce Waring	vi
Favourite Recipes of Prominent Women	1
Chairladies' Cuisine	7
Men's Page	13
Savouries, Snacks and Sandwiches	18
Salads	24
Soups and Accompaniments and Beverages	32
Fish Dishes	37
Luncheon and Supper Dishes	43
Meat and Poultry	51
Braai-veis Specialities	59
Desserts — Cold Puddings	62
Desserts — Hot Puddings	69
Bread, Scones and Milk Buns	74
Cakes, Tarts, Pastries and Teiglach	77
Biscuits	101
Sweets	113
Passover Dishes	118

ACKNOWLEDGEMENTS

We wish to extend our warmest thanks and appreciation to all those who by their contributions and kind co-operation, have made possible the publication of "Food Frolics".

To the Advertisers who were so co-operative and generous.
To Mrs. Beryl Back for her delightful cover.

To all the kind people who contributed their favourite and well-tried recipes.

We would like to add a special word of thanks to Mrs. R. Jonsson, who typed the entire manuscript for printing and to Mrs. Leah Hendler, Mrs. Hilda Volks and Mrs. Anne Stein for their invaluable assistance.

SHEILA SLOME
JOYCE SOLOMON

DEDICATED TO THE "COOKS WHO SPOIL THE BROTH".

Have you heard of the dumb housewife who ordered a loaf of toast from the Baker, and her steak underdone from the Butcher? That was me—so says my husband anyway.

While not strictly true, I cannot pretend I was anything but the rawest material in the kitchen when I married. While not going as far as making the tea in the kettle, I nevertheless seemed to be all fingers and thumbs—especially thumbs.

We career-minded Barlow women were never formally introduced to the kitchen. Mother was a wizard at finance, business, cooking and sewing, but she had plenty of farm servants, so why should we worry about where the meals came from?

Personally I still look on my kitchen as a place where gremlins lurk. I grimly taught myself, with the help of the Technical College, to bake, reasonably well, make good pastry, and do the very inviting itsibitsy puddings, but at the Tee I never got around to making soup or roasting a joint, and I have only just mastered the egg and bacon mixture.

So why the heck they asked me to write in a cookery book, a Jewish Cookery Book, where the recipes will be as superb as the housewives are cooks, is a question I cannot answer. I gather they think I might be as troublesome anyway in the kitchen as my family finds me at home. Perhaps they are right.

My memories of those first intimate little dinners are nightmarish. Just a short while after we married, my dear husband asked two rather stiff friends (all his friends were conventional, stiff and perfect housewives of course) and their extremely proper parent to dinner. I knew enough about food to lay on the right meal, but it is amazing what a Basuto cook can make of plain roast duck and boiled rice, especially if her mistress is a moron in the kitchen.

Certainly what happened to the duck was hardly her fault, it came in looking succulent and brown, but also rather as though it had been run over by a steam roller. Having been brought up on a turkey farm where joints are robust and breasts lusciously rounded, how was I to realise that ducks are notoriously flat-chested.

But neither did Frank. He was obviously apprehensive as he plunged in his carving fork, and he was so right. The fork struck breastbone, which in the duck was solid plated gristle, and duck and fork slid from the serving dish and skidded across the floor.

Frank those days was easily confused—a very shy likeable young man (how we have both changed). He muttered apologies, picked up the duck and rested it on the platter. Mother guest looked stormy. The rest of the carving was uneventful. Then came the “vegs”. The peas looked pretty solid and grey, but they were recognisable, the carrots were yellow and in bits, but they were carrots, but my beautiful boiled rice,, something I did think I knew a little about (somewhere in my past I was an Indian, I could live on fluffy boiled rice) turned up as a milky rice pudding, proudly displayed by the grinning Basuto maid.

Unfortunately Frank's friends were not of the lighthearted sophisticated variety to whom all things are mere happenings, and not necessarily vital matters affecting friendships. In fact the friendship was seriously affected—it died. Thank heavens: Imagine seeing people for the rest of one's married life, who cannot laugh when necessary at little things like Duck a la polish and boiled rice a la Basuto.

When you are as useless as I am in the kitchen, you have to be a good organiser and coach. I got an excellent cook, and I organised her supremely well. Together we recited recipes, which she executed to perfection. But, as many good cooks do, she drank. But as long as her drinking was done outside my house I wasn't worried, even when my grocery bill doubled itself, (I was a career woman and she did the ordering), and I found barely used groceries stacked in her suitcase in her room—we let it go with dire threats of reprisals and police if this ever happened again.

She was a wonderful cook. Her scones were fluffy, her pastry as light as the thistle. Her steam puddings were above words. For their sake alone I could have wedded again twenty times. Her soufflés rose and rose, and inside were creamy and delicious. Her roasts were the Bisto kid's delight, and she dreamed up vegetables that no one ever grew in their gardens.

I grew proud. I basked in her reflected glory—I revelled in my skill at getting such a cook. I began to think that well, perhaps she had picked up a thing or two from me (from where?), and the Warings entertained to the left, and the Warings entertained to the right, and the Warings were most popular.

Things, awkward things, do happen to me I knew—I write them. Things that never happen to other people, but what I fail to understand is why they should happen when I am only trying to get in good with my daughters' headmistress, a big financier, a mere male whom I thought was too handsome for words, and the woman I loathed most in the world—the acknowledged super-duper housekeeper and childminder.

They were all coming to dinner. In those days it was fashionable to take in an early show, and come back for dinner. The

show was excellent, spirits were high, the girls' school headmistress had even unbent so far as to say there was hope for my daughters yet; the gorgeous male held my hand caressingly as he helped me to the car, and the financier and Frank were too engrossed to notice anyone else was alive—and most blissful of all, yea excellent housekeeper and childminder was so dull, nobody was even talking to her.

We arrived home, I hustled my guests out of their coats, gave them drinks, and we went in to dinner.

And there, seated in a chair, bottle in hand, lay my cook, dead drunk. That was terrible, but her feet—her feet were firmly placed in the silver soup tureen in the beautiful minestrone soup.

Draw a veil—so ended an epoch. What I did wonder so often in the long long night that followed, was whether this was the first time that her feet had rested in my soup tureen—I shall never know, and be eternally unanswered and vexed.

That put stop to my ambition to be the hostess of the year. I turned to politics where all cats are black, and who cares?

But I swear I have tried to teach my children a thing or two about the kitchen and the house. In my old age I have become quite a reasonable housekeeper and my table is well stacked.

But results with the girls are very few. They prefer to starve their husbands and bring them to us at the week-end. So their husbands are retaining their svelte figures and saving on the monthly budget. While poor Frank, whose wife too late in life discovered the joys of good food, gets fatter by the day, and asks me plaintively why our bills instead of getting smaller with the girls gone, are getting larger all the time.

I shall never be a cook. I shall never like housekeeping, but it is a job like any other, and can be done efficiently, obviously.

And I must say this when I see what a trencherman my eldest daughter's husband is, and how he enjoys his food, then I realise why to some women cooking is a very pleasant and very skilled and satisfactory art.

To them, the good cooks of this world, I say "go to it". Make up for us inefficients, delight our palates and we can promise you we'll do your cooking justice. You are very necessary people, and your children will always remember your fragrant kitchens. In old age you will be plump and remembered while we, the kitchen nit-wits grow thin and forgotten.

JOYCE WARING

Author of "I'm No Lady"

FAVOURITE RECIPES OF PROMINENT WOMEN.

EXTRACTS FROM A LETTER FROM Mrs. RACHEL YANAIT BEN-ZWI, wife of the PRESIDENT of ISRAEL, in answer to our query for a favourite Israeli recipe:

I found it difficult to reply to your question:—I prefer Oriental dishes and am inclined towards vegetarianism and naturalism, since we are returning to our homeland, going back to our origin, to our climate, our landscape and it is only natural that we liberate ourselves from many of the habits we acquired in the course of our wanderings in many countries, different from our own.

In the Israeli climate, there is no room for the kind of cooking practised by our grandmothers in Poland and Ukraine or the Western countries. In our warm climate, vegetables and milk dishes are preferable. In my opinion, meat should be avoided as much as possible.

Meals at the President's table (when we dine alone) consist mainly of various kinds of vegetables prepared in the Oriental manner which we like as well as Lebben (curdled milk) and lebbeinia (sour milk) and light and seasoned salads. Also Hummus (a typical Oriental dish made of chick peas) and home-made Falafel, and, of course vegetables and fruits of the season.

To official guests, we generally serve the customary dishes, though, also, in this case plenty of fruit and vegetables are served.

Our country, Israel, is blessed with delicious fruit and it is certainly better to serve fruit rather than cooked desserts.

RACHEL BEN-ZWI-YANAIT
Beith HANASSIE.

HUCKLEBERRY PUDDING.

Line sides and bottom of glass casserole with slices of white bread (not too fresh, from which crusts have been removed). Pour in stewed Huckleberries (or any other tinned or stewed berries) to cover bottom. Continue adding alternately bread and berries, until dish is filled. Then put in ice-box over night. Serve with plain or whipped cream.

With every good wish for success.

Very sincerely yours,
ELEANOR ROOSEVELT.

A CHICKEN DISH.

Take a good-sized raw chicken, skin and carve it, and dip it in a little Perfection flour. Put 2 oz. fat in pan, and let it get very hot, put in the chicken and fry till a nice brown. Take it from the pan on to a fireproof dish and pour over it half a pint of chicken stock. Add a dessert spoon of sultanas and six almonds. Season well and put back in the oven to cook for 10 to 15 minutes. Serve very hot with a purée of mushrooms in the middle of the dish.

LEMON SOUFFLÉ.

Take one lemon, one tablespoonful of flour, two eggs, half a pint of milk, a little butter, one tablespoon of sugar. Melt the butter in a saucepan, add flour and milk, and stir over the fire until hot. When a little cool add the sugar and the yolks of two eggs, the juice and rind of the lemon. Beat the whites very stiff and stir in. Bake in a hot oven for twenty minutes.

I send you, with my best wishes, the above recipes from my book, which I hope will be useful for your purpose.

Yours sincerely,

LADY DOROTHY MACMILLAN.

MEAT LOAF.

My favourite recipe is for a Meat Loaf. I love grinding a nice piece of steak, two or three raw eggs, salt, pepper, a tiny bit of sugar. I take stale bread, soak it in cold water, remove all the water, and with the stale bread I knead them all together. Have a hot pan ready in the oven, and a few hard boiled eggs. I slice up the eggs and put them between the layers of meat. Bake in oven for about 20 to 25 minutes.

It is the best meat loaf I know of.

Thanks. All good wishes. Yours,

SOPHIE TUCKER.

EGG MOUSSE.

8 hard boiled eggs (cold)

6 tablespoons fish aspic

jelly (firm)

1 pint cream

Salt, pepper

Worcester Sauce (you can also add Paprika, Anchovy sauce, or Harvey sauce, depending on taste).

Sieve yolks of eggs. Chop very fine whites of eggs and aspic jelly. Whip cream and add seasoning. Place in deep dish and decorate with a little aspic and egg. Place in "fridge" for about 3 hours before serving.

MRS. JOYCE NEWTON THOMPSON,

Mayor of Cape Town.

FRICASSEE OF VEAL (With cooked meat).

$\frac{3}{4}$ cup cooked veal	1 dessertspoon parsley
1 oz. fat	1 - 2 egg yolks
1 oz. PERFECTION flour	A squeeze of lemon juice
$\frac{1}{2}$ pint veal stock	Croutons and baked tomatoes
Seasoning	to garnish.
A pinch of nutmeg	

Remove all skin and gristle and cut meat into small neat pieces. Make a sauce with the fat, flour and stock and season it with white pepper, salt and a pinch of nutmeg. Put in Veal and let it warm through but without boiling. Just before serving, stir in the parsley, finely chopped, and the egg yolk, beaten with a little lemon juice. Serve in a hot dish and garnish with croutons of toast or pastry, and if liked, a few baked tomatoes and a few button mushrooms, cut in half or some cooked green peas may be added to the fricassee to give flavour.

ANNA NEAGLE, C.B.E.

SULT (BRAWN).

1 beespoot	1 lb. beesvleis
$\frac{3}{4}$ koppie suurlemoensap of wit asyn	1 teelepel fyn nachties
1 teelepel fyn neut	1 teelepel fyn gemmer
Sout na smaak	1 teelepel suiker.

Kook die beespoot en die beesvleis saam totdat die vleis heeltemal los is van die bene. Verwyder nou die vleis wat gelatienagtig is, van die bene en maal dit saam met die beesvleis. Sit die gemaalde vleis terug in die pot en roer dit in die sous waarin dit gekook is. Voeg nog 1 pint water (of meer indien die mengsel baie dik is) by, asook al die ander bestanddele. Laat dit net kook en verwyder van stoof. Gooi dit uit in plat vuurvaste skottels wat eers met koue water uitgespoel is. Wanneer dit afgekoel is, word dit in die yskas gebêre totdat dit gebruik word. Dit kan ook in klein koekvormpies, wat ook eers met koue water uitgespoel is, gegooi word, en dan baie aantreklik saam met slaai bedien word.

GEMENGDE SLAAI.

1 jong kopkool fyngekap	1 gerasperde pynappel
1 gerasperde appel	1 gerasperde kweper (in- dien verkrygbaar).
Gerasperde wortels	

Meng alles saam en pak in lae in slaai-skottel. Strooi 'n laag fyngekapte neutte oor elke laag, ook suurlemoen en lemoensap. Versier laaste laag met neutte en mayonnaise.

MEV. WYNAND MALAN,

Eggenote van die L.V. vir Paarl.

MEAT CAKES IN CASSEROLE WITH SAVOURY BALLS.

Minced beef 1 lb.
2 or 3 onions
2 carrots
Dripping 2 ozs.
Stock 1 pint

Fresh breadcrumbs, 2 ozs.
2 or 3 sticks celery
1 egg
PERFECTION flour
Chopped parsley
Seasoning.

SAVOURY BALLS:

Fresh breadcrumbs 4 ozs.
Chopped parsley 2 teaspoons
Grated onion

$\frac{1}{2}$ lemon
Shredded suet 2 ozs.
1 egg, salt and pepper.

MEAT CAKES:

Grate one of the onions and add it to the meat together with the breadcrumbs, a tablespoonful of chopped parsley, and the beaten egg. Season with salt and pepper, and mix very thoroughly. Roll into small balls, *flatten*, and coat with seasoned flour. Prepare and slice remaining onions, carrots and celery.

Now make the *Savoury Balls as follows*: Mix all ingredients together, using the grated rind and juice of the lemon. If the mixture is at all dry, add a little water, or alternatively, use 2 eggs instead of one. Now with floured hands roll into small balls. Leave round (or flatten slightly). Roll in flour and fry a golden brown on both sides. Melt the dripping in a frying pan and lightly brown the onions, meat cakes (and savoury balls). Lift them out and put the meat cakes in a casserole with the prepared vegetables. Add a piled tablespoonful of flour to the fat in the pan, and when brown, gradually stir in a pint of stock. Stir till boiling, then pour over the contents of the casserole, cover and cook in a slow oven about 2 hours, adding the savoury balls the last half-hour. This is a delicious and very economical dish, and will make a generous meal for 6 people.

MRS. ETHEL ABRAHAMAS,

Wife of Chief Rabbi of Cape Town.

MAGIC LEMON MERINGUE PIE.

$1\frac{1}{2}$ cup (1 tin) sweetened condensed milk	2 eggs (separated)
Grated rind of 1 lemon	Baked pie shell (8 inch).
$\frac{1}{2}$ cup lemon juice	2 tablespoons granulated sugar

Mix together condensed milk, lemon juice, grated lemon rind, and egg yolks: Pour into baked pie shell. Cover with meringue made by beating egg whites until stiff and adding sugar. Bake in moderate oven 350 degrees for ten minutes and then at 300 degrees until light brown. Chill before serving.

MRS. MIRIAM EPSTEIN

Chairman W.P. Women's Zionist Committee.

GRENADILLA POEDING.

- | | |
|---------------------------------------|----------------------|
| 1 pakkie suurlemoen jellie
(ROYAL) | 2 koppies kookwater |
| 1 blikkie condensed melk | Sap van 1 suurlemoen |
| | 10 grenadillas. |

Gooi die kookwater oor die jelly, en laat dit goed oplos. Laat dit 'n bietjie afkoel, en gooi dan die condensed melk by. Voeg dan suurlemoen en grenadillas by. Roer goed, en sit in koelkas. Bedien met room.

DADEL POEDING.

Kook 1 lb. dadels, 1 klein koppie suiker en een groot koppie water tot dit sag is. Maak 1 pakkie ROYAL Suurlemoen Jellie aan met 2 koppies kookwater, en roer by die dadels. Klits 3 eiers se witte styf, en roer by. Laat koud word, en bedien met vla.

NICE PUDDING.

- | | |
|---------------------------|----------------------------------|
| 3 cups PERFECTION flour | 1½ teaspoons bicarbonate of soda |
| 1 cup sugar | |
| 1 cup milk | Preserved ginger to taste |
| 2 tablespoons apricot jam | 2 tablespoons golden syrup. |
| 1 cup butter | |

Melt butter in dish, stir in sugar, then flour. Mix soda with a little hot milk, and add. Then add jam, ginger, syrup and milk. Pour syrup (1½ cups sugar and 4 cups boiling water) over the above mixture, and bake in oven in a covered dish for about one hour at 350 degrees.

MRS. J. D. ROUSSEAU,

Wife of the Chairman of the Cape Provincial Council.

GALA SOLES.

- | | |
|--------------------------------|-----------------|
| 1 medium sized sole per person | Mashed potatoes |
| | Fried parsley. |
| Grated cheese | |

Wipe the soles and slice with very sharp knife, midway down the middle. Gently slice open each side to form a pocket. Fry in the usual way, and then, with great care remove the centre bone. Fill the pocket with already cooked mashed potatoes, with grated cheese folded in. Sprinkle chopped parsley that has been tied into a bunch and dipped into hot oil till crisp, on top of this delectable dish. Serve on lettuce, and with LA PROVENCE, correctly chilled, beside you, it is a dish fit for a President. Start the meal with ice cold beetroot soup recipe (elsewhere in this book) and end it with cheese and biscuits and coffee. Well up in calories, but worth it.

MRS. HILDA VOLKS
MAYORESS OF PAARL.

APPLE TART. (From Austria).

- | | |
|--|------------------------------------|
| 6 large apples or 1 tin
cooked apples | $\frac{1}{4}$ lb. icing sugar |
| $\frac{1}{2}$ lb. PERFECTION flour | 2 eggs |
| $\frac{1}{2}$ lb. sugar | 2 teaspoons ROYAL
Baking Powder |
| 6 oz. butter | 1 tablespoon brandy |
| $\frac{1}{2}$ teaspoon cinnamon | |

Filling: Boil the apples together with $\frac{1}{4}$ lb. sugar, cinnamon, rind of lemon and I personally prefer to add 1 cup sultanas and 1 tablespoon maizena.

Crust: Cream butter, add $\frac{1}{4}$ lb. sugar, 1 whole egg plus the yolk of another. Add flour and baking powder to make a soft dough. Line a large pie dish and put filling inside. Lay strips of dough across the filling, to give a wide latticed effect. Sprinkle pie slightly with brandy, and add a pat of butter between the dough strips. Bake $\frac{3}{4}$ hour at 400 degrees. Make a soft icing of the icing sugar and brandy and pour over pie after it has been allowed to cool slightly.

INVALID JELLY (A very old and excellent Recipe).

- | | |
|---|--|
| 3 level dessertspns gelatine | 2 cups water |
| 1 dessertspoon brandy | 1 small tumbler wine |
| $\frac{3}{4}$ lb. sugar | $\frac{1}{2}$ tumbler lemon or orange
juice |
| 1 well beaten white of an
egg and the crushed
shell | 1 stick cinnamon
Lemon or marjorie peel |

Boil water, salt, sugar, cinnamon, the white of an egg and the shell plus peel. Remove from fire, and add the wine, brandy and gelatine. Strain and allow to set. Only one teaspoonful at a time is excellent for a very weak patient. It is also a beautiful dessert in hot weather.

MRS. ANDRE DU TOIT,

(Wife of the Chairman of the K.W.V. Paarl).

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CHAIRLADIES' CUISINE.

It is easier to be a good cook than to be a chairlady. For one, many chairladies take up less space in the kitchen than they do in the chair, and secondly they are often more able to control the temperature of the stove than the temperature of their audience. Dear chairladies, we hope that one day you will enjoy sitting on the kitchen chair watching the brew that is true.

H. V.

PEANUT BUTTER MECCAS.

Make four Peanut butter sandwiches. Trim crusts, and slice each sandwich into thirds. Brush all sides with sweetened condensed milk. Dip in shredded cocoanut. Brown in moderate oven, or low under broiler. Makes 12 Meccas.

CHOCOLATE KRAKOLATES.

7 tablespoons corn flakes	1 tablespoon syrup
	For improved flavour add
1 tablespoon sugar or icing sugar	1 tablespoon cocoanut or
1 level tablespoon cocoa	1 teasp. grated orange peel.
1 oz. margarine or fat	

Melt fat and syrup slowly in saucepan. DO NOT BOIL. Add cocoa, remove from heat, stir in sugar. Using a metal spoon, quickly fold in cocoanut (or grated orange peel) and flakes until coated. Spoon into 11 or 12 portions. If syrup is not available then use double quantity of sugar or honey (granulated) as an alternative.

SWEET CORN FRITTERS.

1 tin sweetcorn	1 teaspoon ROYAL baking powder
Salt and pepper	
2 eggs	EPIC oil for frying.
PERFECTION flour to bind	

Mix all above ingredients and fry in hot oil until golden in colour, drain.

MRS. O. GEFFEN

Chairlady, Hermanus/Bot River Women's Zionist Soc.

APPLE PUDDING.

3 cooking apples	1 egg
$\frac{1}{4}$ lb. sugar	3 ozs. ground almonds.
3 ozs. butter	

Place sliced apples in a dish with a little water, and sprinkle with a little sugar. Cream the butter and sugar, add egg and almonds, and cover the apples with the mixture. Bake in a hot oven.

MRS. L. HENRY

Co-Chairlady, Piketberg Women's Zionist Society.

RICE ROLLS.

Boil cabbage leaves till soft. Boil sufficient rice for your needs. Make a sweet and sour mixture of vinegar, syrup, chicken fat and sultanas to taste. Put boiled rice in little mounds into each cabbage leaf, and roll up. Put these into Pyrex dish containing warmed sweet and sour liquid. Bake, having put a bit of chicken fat on top. Delicious served as an extra vegetable with meats.

BRITZLECH (Delicious as tea biscuit or savoury).

Beat 1 egg thoroughly with pinch of salt. Fold in as much PERFECTION flour as the egg will take to form a stiff dough. Divide dough in 3 sections as it is easier to roll out. Roll water thin, cut into 2" squares, fill pan with oil about 1" deep, and heat. When hot, turn down heat to medium, place 3 or 4 squares into pan for a few seconds on each side and remove. Place on brown paper, and sprinkle with castor sugar. Do this until all the squares are done.

MARY ATLAS, Chairlady Wynberg Booth Zion.

LEMON MERINGUE TART.

- | | |
|---|---------------------|
| 1 tin condensed milk | 5 ozs. butter |
| 1 packet or less Marie or
other plain biscuits | 2 eggs |
| Juice of 2 or 3 lemons | 2 tablespoons sugar |
| | Little lemon rind. |

Line pyrex dish with crumbled biscuits mixed well with melted butter. Leave in fridge while mixing other ingredients. Add yolks of eggs to condensed milk, beat well. Add lemon juice and beat again. Then mix in rind. Place on top of biscuits. Top this with stiffly beaten whites of eggs mixed with sugar. Place in moderate oven about 300 degrees, and bake till light brown.

LENA BLUMBERG

Chairlady, Robertson Women's Zionist Society.

GINGER BISCUITS.

- | | |
|-------------------------|---|
| $\frac{1}{2}$ cup syrup | $\frac{3}{4}$ cup sugar |
| 2 tablespoons EPIC oil | 1 teaspoon bicarbonate of
soda dissolved in $\frac{1}{2}$ cup
boiling water |
| $\frac{1}{2}$ cup wine | PERFECTION flour |
| 1 tablespoon ginger | |
| 2 eggs | |

Mix syrup, sugar and oil, add the eggs, ginger and bicarb. and wine. Add enough PERFECTION flour to make a very stiff dough. Roll in long strips about 1 inch thick, and place on baking sheet. Paint with egg and bake in a fairly hot oven (400 degrees). While hot, cut into squares.

MRS. F. BARAITSER

Co-Chairlady, Piketberg Women's Zionist Society.

SUSIE'S FRUIT CAKE.

1 cup water	1 cup raisins
$\frac{1}{2}$ lb. butter	1 cup sugar
1 cup currants	1 cup sultanas.
1 tot brandy	

Boil all above ingredients together for about 7 minutes. Remove. Add 1 teaspoon bicarbonate of soda, 1 cup dates, 3 ozs. cherries, 3 ozs. Hills Chinese ginger. Allow to cool. Now sift into this mixture, 3 cups PERFECTION flour, 3 teaspoons ROYAL baking powder, 1 teaspoon mixed spice. Mix well. Lastly add 1 tablespoon syrup, and 3 beaten eggs. Bake in large greased pot with lid, lined with greaseproof paper, in slow oven for $2\frac{1}{2}$ hours.

GRANNY'S CHERRY CAKE.

5 ozs. margarine	$1\frac{1}{2}$ cups sugar.
5 ozs. butter	

Cream all the above ingredients together very well. Then add 4 unbeaten eggs, one at a time, and beat well. Add 1 lb. PERFECTION self-raising flour and about $\frac{3}{4}$ lb. cherries. The cherries should be halved, sprinkled with lemon juice and dipped in flour before being added to the mixture. Bake in 2 small greased loaf pans for $\frac{1}{2}$ to $\frac{3}{4}$ hour at 350 deg. It is advisable to test with fork before removing.

MOCK CRAYFISH MAYONNAISE.

2 lbs. Kingklip or other firm fish.

Simmer fish in a little water with salt and pepper. When just done flake fish and make a sauce as follows:—

$\frac{1}{2}$ bottle seafood mayonnaise, salt and pepper, tabasco and Worcester sauce, pinch ginger, mixed spice, cinnamon (all these to taste), lemon juice. Pour this over the flaked fish. Chill.

HERRING SALAD.

2 soaked herrings, skinned, filleted and finely cut up. To this add 1 sliced banana, 1 chopped apple, $\frac{1}{2}$ pineapple, and cream or mayonnaise to taste.

FANNY SEGAL

Chairlady, Stellenbosch Women's Zionist Society.

APPLE PUDDING.

Line a piedish with the following mixture: 1 packet Marie biscuits (crushed), $\frac{1}{4}$ lb. butter and $\frac{1}{2}$ teaspoon cinnamon.

FILLING: Mix together $2\frac{1}{2}$ cups apple pulp, $\frac{3}{4}$ cup condensed milk, yolks of 3 or 4 eggs, depending on size of eggs, and 2 table-spoons lemon juice. Fold in stiffly beaten egg whites. Pour this filling over the crumb mixture in piedish, and bake in 375 deg. oven for about $\frac{1}{2}$ hour.

LENE FRIEDMAN

Co-Chairlady, Worcester Women's Zionist League.

KINGKLIP DELUXE.

Heat 1 tablespoon butter (or more) in a pan, add 1½ lbs. filleted Kingklip—cut up into sizeable pieces, a few chopped spring onions, salt, pepper, a clove of garlic, ¾ cup dry white wine. Cover fillets with sliced mushrooms, simmer gently under cover—reduce liquid in pan by boiling, after fish has been removed to casserole platter. Then remove liquid from stove and add to this very slowly 1 cup thick cream mixed with 1 beaten egg yolk. When sauce is velvet smooth pour over fillets and brown under grill.

MEXICAN FISH.

Boil 3 lb. of any fish. Flake the fish and keep the stock. Simmer a little chopped onion and 2 cloves of garlic in some butter until onion is fairly soft. Add more butter to this if necessary and make a white sauce with flour, the fish stock and also the juice of a tin of button mushrooms. Add tabasco sauce according to taste (this dish should be hot), salt, 2 or 3 tablespoons white wine, about ½ cup grated cheese. Stir until smooth, then add chopped mushrooms. Pour this sauce over the flaked fish which has been removed to an ovenware dish. Decorate the top with thinly sliced tomatoes, and sprinkle a little more grated cheese over the top. Bake in a hot oven 475 deg. for about 10 minutes. This dish is served on rice and green salad.

SWEET CURRY.

Fry until soft, not brown, 1 or 2 chopped onions, 2 cloves of garlic. Then add 2 teaspoons coriander, 2 tablespoons horrie, ½ teaspoon ginger, ½ teaspoon cinnamon, add curry powder to taste. Pinch of ground cloves. Then add 3 lbs. skinned and chopped up tomatoes, then add 2 lbs. meat, either mutton or beef. Simmer slowly until meat is tender. Add the juice of 1 or 2 lemons to taste, ¼ bottle chutney (more or less), 1 tablespoon brown sugar, apricot jam. The amount of the sweet, sour and hotness of this curry must be to individual taste.

BEEF STROGANOFF.

2 lbs. thinly sliced Scotch
fillet
2 teaspoons PERFECTION
flour
1 teaspoon lemon juice
Sugar to taste

1 large onion
½ cup hot water or stock
2 tablespoons red wine
Salt, pepper
2 cloves of garlic
Some chopped parsley

Cut steak in small pieces, brown quickly in a little hot E.P.C. oil, add chopped onion and garlic and 2 skinned and chopped tomatoes. Cook until brown. Now stir in lemon juice, sprinkle flour over and blend well. Add wine and continue to stir. Add hot water, stock or some mushroom juice from a tin of button mushrooms, until gravy is formed. Add sugar and thinly sliced mushrooms. Cook a little longer. Then cook in oven in Casserole dish until meat is tender, 350–375 deg. When ready to serve stir in chopped parsley.

NUT PUDDING.

Crush $\frac{1}{2}$ packet cream crackers. Mix with 1 cup brown sugar, pinch salt, 1 teaspoon ROYAL baking powder. Add 3 egg yolks, $\frac{1}{2}$ cup chopped walnuts, 1 cup seedless raisins, 1 teaspoon vanilla essence. Beat 3 egg whites until stiff and fold in. Bake at 350 deg. until brown. Serve warm and top with cup of cream.

SPECIAL BREAD & BUTTER PUDDING.

2 $\frac{1}{2}$ cups sweetened milk	$\frac{1}{4}$ cup sugar
flavoured strongly with	2 tablespoons melted butter
cocoa	Pinch nutmeg
2 cups soft bread cubes	2 egg whites
1 egg plus 2 yolks	$\frac{1}{2}$ cup sugar.

Soak bread in milk for 10 minutes. Mix egg yolks, $\frac{1}{4}$ cup sugar, butter and nutmeg. Add to bread and milk. Stand the dish in a pan of hot water and bake in a slow oven 325 deg. for 1 hour. Make a meringue with egg whites and $\frac{1}{2}$ cup sugar, spread over the pudding and return to slow oven for $\frac{1}{2}$ hour until brown—about 30 minutes.

SARITA STERN

Co-Chairlady Durbanville Women's Zionist Society.

PINEAPPLE CHEESE CAKE.

$\frac{1}{4}$ lb. butter	3 tablespoons sugar
1 egg	$\frac{1}{2}$ teaspoon ROYAL baking powder.
1 large cup PERFECTION flour	

Rub sugar and butter, add egg, flour and ROYAL baking powder. Line a pyrex dish with the pastry.

FILLING: Cover pastry with a layer of finely cut canned pineapple.

CHEESE MIXTURE:

2 eggs	3 tablespoons sugar
$\frac{1}{2}$ lb. cream cheese	$\frac{3}{4}$ cup cream
1 tablespoon PERFECTION flour	$\frac{1}{4}$ cup milk
	$\frac{1}{2}$ teaspoon vanilla essence.

Combine cheese, flour and sugar, add yolks, vanilla, cream and milk. Lastly add beaten egg whites. Pour over pineapple in pie dish. Bake at 325 degrees for about $\frac{3}{4}$ hour.

SYLVIA JAFFE

Co-chairlady, Worcester Women's Zionist League.

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MENS' PAGE.

Man in the kitchen is usually classified as a form of first-aid under the heading of survival technique when in hostile country. My own sorties into that region have been confined to managing to keep going while the rest of the family are on holiday. In this way I have discovered for myself how sensible it is to confine the menu to eggs, toast and Instant coffee. I have even ventured as far as fried sardines.

However the gentlemen whose recipes are set out hereunder, must remind you that some of your best friends are cooks.

A. J. VOLKS.

PASSION PUNCH.

$\frac{1}{2}$ gallon MARDI GRAS (dry wine)	Juice of 4 lemons
$\frac{1}{2}$ bottle passion fruit	3 tots of brandy
2 tots Van der Hum	$\frac{1}{2}$ gallon soda water (approx.)
Sugar to taste	1 tin canned pineapple
3-4 fresh peaches	Cherries, other fruits.

Prepare the night before serving. Add diced pineapple together with juice as well as other fruits in diced form to the MARDI GRAS. Add all other ingredients, except soda water. Stir, and leave to stand until just before serving. Now add ice and soda water to taste. Makes approx. 12 generous servings.

ABIE RABINOWITZ.

SOSATIE CHOPS.

3 lbs. chops, salted and seasoned.

Lay these in a deep dish in a sauce consisting of:—

1 tablespoon curry powder	1 dessertspoon ground ginger
1 dessertspoon mustard	1 pint vinegar
1 lb. dried apricots (soaked in water overnight)	3-4 large onions
	Garlic (optional).

Boil all ingredients for the sauce for about 20 minutes, and when cold pour over chops. Leave for 2 - 3 days, turning chops daily. Remove chops from sauce and grill. Reheat sauce and serve with chops and boiled rice.

ALEX. LEWIS.

The following recipes were received from:

MR. TOMMY THOMATOS, CENTRAL CAFE,
MAIN STREET, PAARL.

PLAKI (SLICED BAKED FISH).

- | | |
|--|----------------------------|
| 2 lbs. sliced firm fish (e.g. Geelbek) | Salt and pepper to taste |
| 1 small glass white wine (MARDI GRAS) | $\frac{1}{2}$ lb. onions |
| 1 lb. ripe sliced tomatoes | 2 cloves garlic |
| 1 cup COSTA'S olive oil | 2 tablespoons tomato paste |
| | 2 tablespoons thyme |

Put slices of fish in pyrex dish with oil, salt and pepper. Cut up garlic and slice onions and ripe tomatoes over this. Dilute tomato paste with wine, and pour over. Top with thyme. Bake in 350 deg. oven for $\frac{3}{4}$ - 1 hour. Do not bake too long, or fish dries out. Serve luke warm.

GARLIC SAUCE.

- | | |
|---------------------------------|--|
| 4 cups COSTA'S olive oil | Salt and pepper to taste |
| 1 cup lemon juice | 2-3 medium sized boiled potatoes (in jackets). |
| 6-7 cloves garlic—more to taste | |

Crush garlic very fine in a mortar. Beat the potatoes while hot (and after peeling them) in an electric mixer (if possible). Alternatively throw in lemon juice and olive oil in small quantities at a time. Add salt and pepper. This should be the consistency of peanut butter when done. Keep in fridge for a few hours before using. This mixture lasts indefinitely, and is simply delicious served over either fried or boiled fish, or vegetables (e.g. green beans or beetroot).

BRINJAL SPREAD.

Bake unpeeled Brinjals in hot oven for about $\frac{1}{2}$ hour. Take out and remove skins. Beat well, adding lemon juice and COSTA'S olive oil, with salt and pepper, ground garlic, and juice of onion to taste. Can be served on toast, bread or water biscuits. Delicious as a hors d'ouvres.

SIKOTAKIA ME SALTSA.

- | | |
|--|----------------------------------|
| $\frac{1}{2}$ lb. calf's liver marinated in red wine for 2 hours | 4 tablespoons COSTA'S olive oil |
| Marjoram or rosemary | Well-seasoned PERFECT-ION flour. |
| 2 onions sliced | |

After the liver has been marinating in the wine, take it out, pat it dry and coat with flour seasoned with salt and pepper. Fry in hot oil until brown, then brown the onions. Add the rosemary or marjoram and the red wine it was soaked in, put on the lid of the saucepan and cook slowly until sauce is thick and liver tender. Serve with hot mashed potatoes.

ARNI ME SPANAKI AVGOLEMONO.

3 lb. lamb (or mutton)	Salt, pepper
3 lb. spinach	1 cup stock or water
2 finely chopped onions	Egg and lemon sauce
3 ozs. fat	(optional).

Cube meat and heat fat, when this is hot, add the onions and fry golden, then add the meat, stirring it about so that it browns over a quick heat. Season with salt and pepper. Add the liquid, reduce the heat almost to simmering and cook until meat is tender. While it is cooking, clean your spinach, pick out good leaves and cook without water until spinach is tender. Drain, keep the greenish liquid and put the drained spinach on top of the meat. Cover, cook very slowly for about 15 minutes, just moving the pan from time to time to prevent the meat from sticking. If you need more liquid add a little water, stock or the spinach liquid, but only a little as this is meant to be a rather dry dish, but with enough liquid for sauce. Five minutes before serving add the egg and lemon sauce. This is made as follows:— Beat three or four eggs with four tablespoons lemon juice, adding several spoons of the hot liquid of the dish you are cooking. Then add it to the main dish or saucepan, stirring it, but never let it boil again.

VINE LEAVES WITH CHOPPED MEAT.

1 lb. coarsely minced meat	2 chopped onions
$\frac{1}{2}$ cup cooked rice	3 tablespoons fat
Chopped parsley	$\frac{1}{2}$ teaspoon pepper
50 vine leaves	2 teaspoons salt.

Combine meat, rice, parsley, pepper, salt and chopped onions. Now stuff vine leaves as follows: Rinse and drain vine leaves. Take each leaf with the smooth shiny surface on the outside. If leaves are too small use two at a time. Place teaspoon of filling in centre of each leaf. Fold like an envelope and roll lightly to allow for the puffing of rice. Place 2 – 3 coarse vine leaves at the bottom of the pot. Arrange the leaf balls on top, side by side in layers. Add 2 cups water, fat and salt. Press with a plate and simmer for 30–40 minutes. Can be served with an egg and lemon sauce if desired.

MR. ANDRE MOCKE kindly contributed the
following recipes.

„IRISH STEW”. (Baked in oven).

Aartappels	Boontjies
Skorsies	Raap
1½ lb. skaapvleis	½ lb. niertjies (fyngekap)
Ertjies	Soet patats.
Wortels	

Stoom al die groente totdat dit gaar is. Maak drukkastrol oop en laat afkoel. Gooi water af. Neem nou vleis en stoom totdat dit gaar is. Plaas nou groente in 'n diep pyrexbak (voeg sout en peper by). Plaas dan die vleis bo-op groente en voeg vleissous by. Maak 'n gewone pasteidop en plaas bo-op vleis. Laat bak in oond totdat dit gaar is. Bedien nou hierdie „stew” met chutney en uieslaai.

SKORSIE VLEISPASTEITJIES.

6 skorsies	Peper, sout
1 lb. gemaalde vleis	Speserye
Neut	Pasteideeg.

Neem fyn vleis en berei goed voor met sout, peper, en speserye na smaak. Rol in vleis-bolle soveel as benodig. Plaas in drukkastrol en stoom totdat dit gaar is.

Neem skorsies, skil dit af en sny in halwes sodat u nou 12 halwes het. Verwyder alle pitte, plaas in stoompot en stoom totdat dit gaar is.

Maak 'n slap tertdeeg aan en rol uit op tafel.

Neem gaar skorsies en vul elkeen met 'n vleisbol. Bedek nou net die vleis met tertdeeg. Plaas in gesmeerde Pyrexbak en bak ongeveer 25 min. totdat dit bruin is. Bedien met groente en rys.

GESTOOMDE VIS EN RYS MET AVOCADO-PEER SOUS.

(Steamed Fish and Rice with Avocado Pear Sauce).

1½ lb. vars stokvis	1½ koppies melk (vars)
1 medium grote avokadopeer	3 eetlepels mayonnaise
(lekker sag)	Neut (nutmeg)
1½ koppies rys	Peper.
Botter, sout	

Sny die vis in snye van 1 dm. dik. Neem vis en maak dit goed skoon. Verwyder die vel en alle moontlike grate wat verwyder kan word. Plaas in drukkastrol (Pressure cooker). Voeg water en sout by en stoom totdat dit gaar is. Maak kastrol oop en laat dit afkoel. Plaas nou gestoomde vis in Pyrexbak. Voeg nou stukkies botter by en rasper neut oor. Voeg klein bietjies water by in Pyrexbak om te verhoed dat dit vasbrand. Plaas in oond en laat bak net van bo totdat dit bo-op bruin is.

Sous: Neem 'n avokadopeer. Verwyder pit en skil en plaas in mengbak. Voeg 1½ koppies melk by en 3 eetlepels mayonnaise. Voeg dan ook peper, sout en speserye na smaak by. Klits totdat avokadopeer ontbind het. Gooi in 'n kastrol en laat stadig kook totdat dit 'n dik sous vorm.

Bykomstighede vir gereg: Nou word dit netjies opgeskep in warm borde met 'n laag van gestoomde rys in bord. Dan, 1 of 2 stukkies vis in middel van rys en laaste gooi avokadosous oor vis. Dit is regtig 'n baie smaaklike dis en sal gou byval vind. N.S. Fyngemaakte aartappels (mash potatoes) kan ook saam bedien word.

TOMATOES STUFFED WITH EGGS.

Select some fine large tomatoes, cut off a slice from the top of each and remove seeds carefully. Coat the insides with warm butter and sprinkle with a small quantity of chopped parsley. Break an egg into each tomato, replace the slice which was cut off. Put tomatoes on a buttered tin, cook in a hot oven until they are soft. Baste with butter once or twice during the cooking. Just before they are done sprinkle over with bread crumbs. A delightful supper dish.

FRED MEYER.



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SAVOURIES, SNACKS AND SANDWICHES.

Oh, how I love to go out to dinner but oh, how I wish that I was thinner. With that drink before dinner around the fire in winter or on the patio in summer, serve this tasty Cream Cheese Surprise with large chips to scoop.

CHEESE SURPRISE.

Blend together any quantity of cream cheese with the following:

Enough cream to soften cheese.

Little diced bits of spring onion.

Sprinkle paprika through the mixture and when blended into a fluffy mountain of cheese and set in the bowl of your choice, sprinkle a little more paprika on the top for effect and taste. Cinnamon may be used if wary of paprika.

SNACK OR SANDWICH SUGGESTIONS.

Into well-blended butter and marmite with hardboiled egg if liked, mix in pieces of walnuts. Tasty on brown bread with lettuce to cool the tongue.

Yellow cheese grated or sliced, topped with blatjang, chutney or mango chutney. Delicious on white bread or biscuits.

HILDA VOLKS.

HERRING IN MUSTARD SAUCE.

6 herrings

1½ teaspoons mustard

3 eggs

Small bowl of milk

2 or 3 onions

¾ cup white vinegar

Bayleaves, peppercorns

1 dessertspoon sugar.

Soak herrings overnight. Fillet and make into rollmops with small pieces of onion inside, secured with toothpick. Place in shallow dish in alternate layers, sliced onions, herrings, bayleaves and peppercorns. Mix egg yolks with milk, 1½ teaspoons mustard, sugar and vinegar. Place in double boiler and keep stirring until thick like custard and pour over herrings in dish. After two days, place in fridge.

ANON.

CUCUMBER AND TOMATO COCKTAIL.

1 cucumber

1 teaspoon lemon juice

1 cup tomato juice

Chopped fresh mint leaves.

Peel cucumber and grate on the coarse side of grater. Drain the liquid off and pile the cucumber into glasses. Mix the cucumber liquid and the tomato juice together. Season well, and pour over the grated cucumber. Garnish with a sprig of mint.

LENA LEIBOV.

GRAPEFRUIT COCKTAIL (Instead of Soup).

A pleasant and very easy way of starting a dinner is to serve fresh grapefruit in glasses. Here is a very simple method:

Cube grapefruit and sprinkle with sugar. Add any liqueur for extra flavour and colour. Leave in fridge overnight. Serve in grapefruit shell if the glass is large enough and top with a cherry or mint leaf.

HILDA VOLKS.

SWEET AND SOUR HERRINGS.

6 herrings	$\frac{1}{2}$ cup sugar
few allspice	few bayleaves
5 lemons	3 onions
2 tablespoons water	$\frac{1}{4}$ lb. sultanas
2 dessertspoons syrup	$\frac{1}{2}$ cup water.

Slice onions and put in saucepan with allspice, bayleaves, juice of lemons, syrup, sugar, sultanas and water. Boil for 25 minutes. Clean herrings (which have been soaked overnight) cut into fillets and place in a dish. Pour sauce over the herrings.

MIRIAM BIRKAN.

CHOPPED HERRING.

3 herrings	1 onion
Vinegar	Pinch cinnamon
1 apple	3 hard-boiled eggs.
6 Marie biscuits	Pepper, sugar.

Soak herrings overnight, wash, skin and clean. Mince herrings with onion, apple and hardboiled eggs. Add Marie biscuits. Add seasoning and vinegar and sugar to taste. Spread on plate and garnish with chopped egg.

TRADITIONAL.

CHEESE PUFFS.

$\frac{1}{2}$ cup butter	1 cup boiling water
3 eggs	$\frac{1}{8}$ teaspoon salt
1 cup PERFECTION flour	

Add butter and salt to boiling water. Stir into the mixture, the cup of flour and keep stirring while boiling until the flour comes away from sides of pan. Remove from stove and add one egg at a time beating thoroughly after each addition. Take teaspoons of the mixture and put on a greased pan in a hot oven. When done split open and put in tiny spot of butter and fill up with grated cheddar cheese. Close up and bake again. Serve hot.

MRS. M. SILBERT, Cape Town.

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HERRINGS BAKED IN SYRUP.

Take 2 herrings, soak overnight, clean and cut in pieces. Take a Pyrex dish and put layer of sliced onions and a layer of herrings into it until all is used up. Pour 2 dessertspoons syrup and squeeze the juice of one lemon over all. Also add a stick of cinnamon and a few allspice. Bake in medium oven at about 300 deg. until golden brown.

MRS. HAIDEE SANDLER.

CHEESE STRAWS.

1 cup grated cheese	A little milk to make a stiff
1 cup PERFECTION Self-	dough
Raising flour	1 egg.

Roll out $\frac{1}{4}$ inch thick. Cut 5 inch long strips. Bake 10 to 15 minutes, in oven 450 deg.

MRS. L. BLOCH.

SARDINE ROLLS.

$\frac{1}{4}$ lb. butter (hard from	1 cup cream (thick)
fridge)	1 $\frac{1}{2}$ cups PERFECTION
1 teaspoon ROYAL baking	flour.
powder	1 egg yolk, salt

Cut butter into little pieces and cream with knife, stir it through. Add egg yolk, mix it through (hard lumps), add flour and baking powder and salt. Mix through and put in fridge for $\frac{1}{2}$ hour or till next day. Roll, fold (4 or 5 times) like puff pastry and wrap in grease-proof paper. (Can be left in fridge for 2 weeks). Take out, and roll and fold twice. Cut into strips for sardine rolls. Brush with beaten egg.

MRS. L. LEVINE.

PRUNE HORS D'OEUVRES.

Prunes	Minced onion
Stuffed olives	Celery salt.
Cream cheese	

Soak and stew prunes until soft enough to eat. They must not be broken up. Pit the prunes and stuff with olives, or stuff with cream cheese, minced onion and seasoning of celery salt.

ANON.

MELON COCKTAIL.

Scoop out balls of melon with a vegetable scoop. Sprinkle with sugar and a little lime juice. Chill and serve with a cherry and a sprig of mint. Paw-paw cocktail is prepared in the same way.

LEONIE BALKIN.

CHEESE TOAST.

Toast one side of bread (not sliced thickly). When cold, butter the untoasted side. Cut into desired shapes. Spread the following mixture thinly on each: $\frac{1}{4}$ lb. grated cheddar cheese, $\frac{1}{2}$ teaspoon ROYAL baking powder, a little cream and seasoning including cayenne pepper. Add yolk of egg to the mixture and lastly stiffly beaten egg-white. This can be prepared before and can be heated before serving.

MRS. M. SILBERT.

SWEET AND SOUR HERRINGS.

Soak 6 herrings overnight. Next morning fillet and roll up, secure with toothpicks. Boil three medium sized onions till soft. Add $\frac{3}{4}$ cup brown vinegar, sugar to taste, $\frac{1}{4}$ cup sultanas and boil for 10 minutes. Cool this mixture, then throw over herrings in a glass dish. Keep in fridge for at least one day before using.

RIVA HOFFMAN.

MOCK CRAYFISH SALAD.

Take equal quantities of tomato sauce and mayonnaise and blend. Add a dash of tabasco to taste. Flake previously cooked cold kabeljou or Cape Salmon—having removed skin and bones, and add to above sauce. Fold in and arrange on shredded lettuce. Garnish.

DOREEN BRAND.

EGG SURPRISE.

Hard boiled eggs
Slices of tomato
Salt, pepper

Butter, sugar
Curry powder (dry).

Cut hard boiled eggs in half. Mash yolks fine and blend with butter, salt, pepper, sugar and curry powder to taste. Top with chutney. Place tomato slice on hot toast piece, then egg on that. Delicious cocktail snack.

ANON.

SANDWICHES.

FAIRY WHEEL.

Cut bread lengthwise and butter. Cut into wedges according to a paper pattern, and put on a glass plate to form a circle or wheel. Now decorate as follows: (1) Minced corned beef mixed with mustard, mayonnaise and chopped onion or pilchards mixed with vinegar and mayonnaise. (2) Grated cheese, butter, mayonnaise and tomato sauce. (3) Sandwich spread coloured green, thickened with mashed potato.

CHECKERBOARD SANDWICHES.

Cut 3 brown slices about $\frac{3}{4}$ inch thick, and 3 white slices bread about $\frac{3}{4}$ inch thick. Sandwich together (with appropriate fillings of course), one brown slice between 2 white slices, and 1 white slice between 2 brown slices. Now cut each sandwich into 3 equal sections. Sandwich together with filling and wrap in greaseproof, then in wet cloth, and put in fridge. When set, cut into checks.

AUTUMN LEAVES.

Cut 6 thin slices of white bread. (1) Use cheese, egg, butter coloured green and yellow. (2) Corned beef paste or pink salmon paste. Leave one slice whole and cut the other 5 slices into 3 fingers. Put yellow egg butter on all the bread. Press down the sides of the whole slice, and put a little of the green mixture and red mixture on end of slice, and cover with one of the fingers. Repeat this till one side is well covered. Turn round and do the same on the other side. Roll in greaseproof paper and wet cloth, and put in fridge. When set, cut into leaves along side.

JEWELS.

Cut 2 slices brown bread and 2 slices white bread thinly. Use boiled carrots and gherkins and tomato strips, egg paste, meat or fish paste, and sandwich together. Put in greaseproof paper and wet cloth, and put in fridge till set. Then cut into fingers.

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SALADS AND DRESSINGS.

BRINJAL (Egg Plant) SALAD.

2 egg plants	Salt, pepper
2 hardboiled eggs	Lemon juice.
2 tablespoons mayonnaise	

Bake egg plants in hot oven until very soft. Remove skin when cool. Chop brinjals together with hard boiled eggs. Add mayonnaise, salt, pepper and lemon juice. Garnish with chopped parsley.

LENA LEIBOV.

CAULIFLOWER SALAD.

1 cauliflower	Sugar
Mustard, salt	Lemon juice
Mayonnaise	Pickled cucumbers.

Cook cauliflower in salt water till soft (but not too soft), Cool. Add other ingredients to mayonnaise and mix gently with broken-up cauliflower. Parsley and tomato cut up may be added for colour.

JANIE SEGALL (Israel).

ONION SALAD. (With chicken or roast).

Boil onions that are not too large and allow to cool. Drain off water. Boil together on stove over double boiler, stirring well. the following: 1 cup vinegar, 2 tablespoons sugar, 3 well-beaten eggs, $\frac{1}{4}$ teaspoon dry mustard, 1 tablespoon fat melted. Add maizena to thicken if necessary.

HILDA VOLKS.

CUCUMBER SALAD.

Take 3 fresh cucumbers, put in coarse salt water overnight. Next morning, peel and slice fine. Then take a few bay-leaves, peppercorns, white vinegar, sugar to taste and bring to the boil. Cool off and pour over sliced cucumbers. Let it draw for 2 to 3 days before use.

GLADYS ABRAHAM.

WIN'S CUCUMBER SALAD.

Take 4 large cucumbers, wash very well, but do not peel. Slice not too thinly. Put into a jar. Now boil together 1 cup white vinegar, 3 cups cold water, 1 tablespoon sugar, 1 tablespoon salt, 10 peppercorns, 3 bay leaves, 1 clove garlic (optional). Allow this mixture to cool, and then pour over the cucumbers. Bottle and store. Use as required. Can be kept indefinitely.

WINNIE SHAPIRO.

PICKLED CABBAGE.

1 large head of cabbage	Peppercorns
Vinegar, sugar	Coarse salt.
Bay leaves	

Shred cabbage, and rub handfuls of coarse salt into it. Pour over enough boiling water to cover. Let stand till cool. Rinse through well with cold water, until all salt is removed. Put into a container. Make a pickle from vinegar, sugar and spices, and pour over cabbage. Allow to stand for 2 days before using. Keeps indefinitely.

EVIE RABINOWITZ.

CUCUMBER RING.

$\frac{3}{4}$ envelope ($1\frac{1}{2}$ teaspoons gelatine	$\frac{3}{4}$ cup boiling water
1 tablespoon sugar	2 tablespoons lemon juice
$\frac{1}{2}$ teaspoon salt	Thin slices unpared cu- cumbers.

Mix gelatine, sugar and salt. Pour over boiling water and stir to dissolve sugar. Add lemon juice. Overlap slices of cucumber in a mould and pour over liquid. Allow to set. Garnish with cucumber, red peppers and parsley.

JOAN SACKS.

PINEAPPLE CHEESE SALAD.

2 ozs. soft cream cheese	1 gill thick cream
1 tablespoon mayonnaise	Lettuce
2 slices grated pineapple	Pineapple to decorate.
1 tablespoon icing sugar	

Beat the cream cheese until very soft. Beat in the mayonnaise, then the pineapple and icing sugar. Fold in the whipped cream. Freeze in the refrigerator. Cut into slices, serve on lettuce leaves, decorated with pineapple.

STUFFED TOMATOES.

4 large tomatoes	2 ozs. chopped walnuts
4 ozs. cream cheese	Chives, parsley.

Scoop out flesh and the pips from the tomatoes. Salt them and leave upside down to drain for 15 minutes. Fill with cream cheese and walnuts mixed together. Garnish with chopped chives and parsley.

ADRIENNE KOCH.

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Jan van Riebeeck Road, HUGUENOT. Phone 2510

CABBAGE AND PINEAPPLE SALAD.

Shred one long cabbage. Add 1 grated pineapple, 1 teaspoon of sugar, pinch of salt and a little white vinegar and 1 teaspoon of prepared mustard. Mix all this thoroughly and then add mayonnaise to taste. Chill for a few hours before serving.

BANANA AND NUTS SALAD.

Sprinkle thinly sliced bananas with lemon juice to avoid discolouring. Roll in chopped nuts, and place on lettuce leaves. Serve with French dressing.

DORA BAILEY.

DELICIOUS CABBAGE SALAD.

4 cups raw cabbage, shredded fine	$\frac{1}{2}$ teaspoon black pepper
2 cups grated, cooked beets	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ cup grated horse-radish	$1\frac{1}{2}$ tablespoons salt
1 cup sugar	Vinegar to cover.

Mix all ingredients thoroughly. Keep in fridge. This salad improves with age and keeps indefinitely.

MYRA ORMAN.

AVOCADO PEAR SALAD. (For 6 people).

3 avocado pears	1 cup pineapple cubes
1 cup grapes (in season) (cut in halves, pipped and peeled)	Salad dressing or mayonnaise
2 oranges peeled and cut into neat pieces without pith	Green peppers, seeded and cut into very fine circles
	Lettuce, a little mint.

Cut avocado pears into halves lengthwise, remove pip and scoop out pulp carefully, leaving a little layer of flesh. These shells will be used to put salad in. Mash pulp with pepper and salt and a little lemon juice. Now combine with the other fruit and marinate in French dressing or mayonnaise for about $\frac{1}{2}$ hour. Fill avocado pear shells and round the rim put a circle of green peppers. On serving plate, place fresh crisp lettuce dotted here and there with sprigs of fresh mint or parsley.

AVOCADO AND GREEN CHILI SALAD.

2 avocado pears	Salt and pepper
1 green pepper	Vinegar.

Remove pear from skin and cut into large dices and place in salad bowl. Add salt and vinegar to taste. Slice the sweet pepper or chili finely and place on top.

JOYCE SOLOMON.

DELICIOUS SALAD.

Grated carrots

Grated turnips

Sliced tomato

Radishes (slices)

Lettuce (sliced)

Hard boiled eggs (sliced)

Sliced cucumbers (fresh
and pickled)

Hot boiled potatoes (sliced)

Asparagus.

Grate cheddar cheese over all these ingredients. Mayonnaise may be added if you wish.

MARTHA KLITZNER.

JELLIED VEGETABLE SALAD.

1 cup cold water

2 dessertspoons gelatine

$\frac{1}{2}$ cupful diced celery

$\frac{1}{2}$ cup cooked peas

$\frac{3}{4}$ cup hot water

Salt and pepper

2 tablespoons green chopped
peppers

$\frac{1}{2}$ cup cooked carrots (diced)

$\frac{1}{4}$ cup vinegar or lemon juice

1 cupful shredded cabbage.

Dissolve the gelatine in the hot water. Add the cold water, lemon juice and seasoning. Cool, then add the vegetables. Stir well and when on the point of setting, pour into individual moulds. Chill until firm. Unmould on crisp lettuce leaves and garnish with mayonnaise.

ANON.

MIXED FRUIT SALAD.

1 grapefruit

1 orange

Figs or bananas

Dates

Mayonnaise.

Peel the grape-fruit and orange, removing all pips, and pith and gently remove the skins, without breaking them. Thinly slice the bananas or figs. Arrange fruit in a salad bowl and garnish with the cut up dates. Serve with mayonnaise. Orange and stewed prunes are also very nice. Serve with a thick mayonnaise. The success of salads depends on the salad dressings. A thin or watery looking dressing will always make the salads look and taste flat.

ANON.

FRENCH DRESSING.

$\frac{1}{2}$ teaspoon salt

4 tablespoons olive or salad
oil

$\frac{1}{4}$ teaspoon pepper

2 tablespoons lemon juice
or vinegar.

Place the pepper and salt in a small fruit jar, and add the oil. Stir and add the lemon juice or vinegar. Screw down jar and shake until dressing is thick and creamy. Three tablespoons of cream added to the above ingredients makes a difference to the taste.

ANON.

PICKLED GREEN PEPPERS.

Take 6 or 8 green peppers—wash and remove pips from centre. Cut into bigish pieces. Boil up a cup of vinegar and drop in the pieces of peppers. Boil for about one minute. Take the peppers out and drain well. Into a jar make a mixture of COSTA'S olive oil, a little chopped parsley, 2 cloves of garlic, 1 chilli, and a little salt. Drop in the peppers so that the oil mixture covers them. Close jar and leave for a day or two. Delicious served with either meat or fish.

PICKLED CUCUMBERS.

60 medium cucumbers	1 tablespoon allspice
20 bay leaves	2 chillies
1 breakfast cup coarse salt	4 cloves garlic.

Wash cucumbers and pack into dish. Boil up salt and allspice with sufficient water to cover cucumbers. When boiled for 10 minutes, pour over cucumbers, and allow to cool. Add bay leaves, garlic and chillies. Cover with weight when cold. Keep 4 - 7 days before using.

ANNE STEIN.

VEGETABLE SALAD.

Slice one-third cup canned ripe olives from pits and combine with two cups finely shredded cabbage or coarsely grated carrot. 2 tablespoons diced green sweet pepper, $\frac{1}{4}$ cup thinly sliced green onion. Toss together lightly with $\frac{1}{4}$ cup mayonnaise (recipe here-under), seasoned with 1 teaspoon Worcester sauce, $\frac{1}{2}$ teaspoon salt, and pepper to taste. Serves 4.

MAYONNAISE.

2 egg yolks	2 dessertspoons vinegar
1 cup COSTA'S olive oil	Salt and pepper.

Beat up the egg yolks with the salt, pepper and vinegar. Then start adding the olive oil dropwise. As soon as the mixture begins to emulsify, the oil can be added a little quicker, but in the beginning it must be added drop by drop.

S.A. OLIVE GROWERS' ASSOCIATION, PAARL.

MIXED SALAD.

Take $\frac{1}{2}$ lb. tomatoes, 2 small or 1 big beetroot, 3 carrots, lettuce and lemon juice. Grate carrots and beetroot finely. Wash and slice tomatoes and cut lettuce fine. Mix in dish and add lemon juice to taste.

MRS. HAIDEE SANDLER.

SWEETCORN AND AVOCADO SALAD.

Take 1 medium tin sweetcorn, and 1 diced firm avocado pear (a large one if possible). Flavour with 2 teaspoons (or more) lemon juice, salt and pepper to taste.

DOREEN BRAND.

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CUCUMBER SALAD.

1 large grated cucumber
(with peel)
3 teaspoons gelatine
 $\frac{3}{4}$ cup boiled water
1 tablespoon lemon juice

1 tablespoon finely grated
onion.
2 teaspoons sugar
Pinch salt.

Dissolve gelatine in hot water. Mix all other ingredients together, and pour over the gelatine. Mix well, and place in fridge to set.

DOILLIE BOUWER.

HERRING SALAD.

Soak two herrings overnight in cold water. Next morning remove skin and bones, and cut up into small pieces. Now prepare as follows: 1 cup diced cold cooked beetroot, 2 sliced tomatoes, 1 shredded lettuce, 1 diced pickled cucumber, 1 fresh diced cucumber. Add about $\frac{3}{4}$ cup mayonnaise to the above, or as much as required to bind vegetables. Add herring. Toss well. Serve in a porcelain or glass salad bowl.

GREEN TOMATO PICKLES. (Australian).

Cut up 14 lbs. green tomatoes and sprinkle them with 1 lb. salt. Let them stand 24 hours, then drain. Take $\frac{1}{2}$ pint vinegar off an amount of 3 quarts, and put this $\frac{1}{2}$ pint vinegar into a saucepan and add to this 1 oz. each of allspice, cloves and peppercorns (placed in a muslin bag), and let this boil together for 10 minutes. Put $\frac{1}{2}$ lb. mustard and 1 oz. Tumeric in a basin and mix with a little of the vinegar to a thin paste, then put the rest of the vinegar and the tomatoes on to boil, and after they have boiled for 20 minutes, stir in the mustard and tumeric and if so liked, a few onions. Bottle when cold.

WYN ORD.

MAYONNAISE.

Beat together either by hand or in a mix-master at medium speed: 2 egg yolks, $\frac{1}{4}$ teaspoon red pepper, $\frac{1}{4}$ teaspoon mustard, 1 teaspoon salt, scant teaspoon sugar, $\frac{1}{2}$ teaspoon paprika, 1 tablespoon each of vinegar and lemon juice. Beat till very well mixed. Then add very gradually at first, about $1\frac{1}{2}$ cups EPIC Oil. After this first half cup, it can be added in a fine stream. If the mayonnaise gets too thick, then add some more lemon juice. Keep in a bottle in the fridge.

SALAD DRESSING.

Rub the inside of a jar with a cut clove of garlic. Into the jar put the juice of a lemon plus enough vinegar to make $\frac{1}{4}$ cup, $\frac{3}{4}$ cup salad oil, 1 teaspoon sugar, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon paprika, $\frac{1}{4}$ teaspoon mustard, a little cayenne pepper, tarragon if desired, and three or four drops Worcester sauce. Stir with a fork, add 1 teaspoon of finely grated onion and some chopped parsley. Put the lid on and shake thoroughly, use whenever needed.

ANON.

SOUPS, ACCOMPANIMENTS & BEVERAGES.

BEETROOT SOUP.

2 bunches beetroot	3 eggs
10 cups water (boiled)	3 cups milk
Juice of 6 lemons	Salt and sugar to taste.

Boil beets in skin until tender. Peel and grate on fine grater. Add boiling water and seasonings. Beat up eggs well, add lukewarm milk, while beating add sugar. Now carefully pour cupful of beetroot into the egg mixture, until all the beetroot is used. Chill and serve cold. This keeps indefinitely. Serve chilled, garnished with either blobs of cream, diced cucumber, hard boiled eggs or boiled potatoes.

RAY ORMAN.

POTAGE DU BARRY.

2 lbs. potatoes	1 cauliflower
2 egg yolks	Salt and pepper.
$\frac{1}{2}$ pint cream or milk	

Put peeled sliced potatoes and cauliflowerettes (keep few for decoration) in saucepan, cover with water, season, boil for one hour, sieve, reheat and thicken with the egg yolks mixed with the cream. Do not cook after adding the egg yolks, as soup will curdle. Add the separately cooked flowerettes, kept for decoration.

ANON.

TOMATO SOUP.

Take 1 lb. tomatoes, put in a dish and pour boiling water over twice to peel off skin. Cut tomatoes fine in a pot, salt to taste. Boil in approx. 1 pint of water until soft. While soup is still boiling, beat up 1 egg well, add cinnamon and sugar to taste and $\frac{1}{2}$ cup of water. Mix well. Take boiling soup and pour into egg mixture, stirring all the time with wooden spoon. Leave to cool. Add milk or cream when served. This can be kept in fridge for a few days and warmed if preferred.

MRS. HAIDEE SANDLER.

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MARTHA'S SPECIAL.

Take $\frac{1}{4}$ lb. each of barley, red lentils, split peas and sago, together with 4 grated carrots, 1 tomato and 1 or 2 grated potatoes, salt and pepper to taste, and a touch of sugar. Cook with or without soup bones.

MARTHA KLITZNER.

SOUP "EXTRAS".

Croutons and other "Extras" often add a tasty finish to your soup. Try them:

CROUTONS.

Cut thick slices of stale bread. Cut into fingers and then dice. Fry in deep fat. Drain on paper and serve on a doyley.

TOAST MELBA.

Cut stale bread very thinly in neat shapes and toast on both sides. The bread should be so thin that it curls in toasting.

PULLED BREAD.

Pull the dough of a new bread into rough pieces and put them into hot oven to crisp and brown. Some prefer to dip the pieces in milk first. Pulled bread is suitable to serve with broths and thin soups.

CREAM OF POTATO SOUP.

2 cups diced potatoes	2 $\frac{1}{2}$ cups boiling water
3 $\frac{1}{2}$ tablespoons PERFECT- ION flour	Pepper
2 minced onions	2 cups milk
1 $\frac{3}{4}$ teaspoon salt	3 tablespoons butter or margarine
2 stalks celery	1 tablespoon minced parsley.

Boil the potatoes, onions and celery in the water in a covered saucepan until tender. Melt the butter, add the flour, stir until smooth and then add the seasonings and milk. Simmer and stir until smooth and thickened. Rub the potato mixture through a sieve, there should be three cups of puree. Add to the soup with parsley. Serve hot.

LEONIE BALKIN.

KNEIDLACH.

2 eggs	Salt, pepper and cinnamon to taste
1 or 2 tablespoons chicken fat	Matzo meal.
2 tablespoons water	

Beat eggs, add water and chicken fat, beating well. Add matzo meal gradually till mixture is firm but not stiff. Add seasoning to taste. Let it stand in fridge for 1 or 2 hours. Shape into small balls and drop in boiling salt water. Cook 30 minutes.

TRADITIONAL.

TOMATO SOUP.

2 lbs. or more ripe tomatoes 1½ tablespoons PERFECT-
1 oz. butter ION flour.
1½ pints milk

Pour boiling water over tomatoes. Let stand for a few minutes and skin. Cut up and put in saucepan and boil until soft. Put through strainer. Melt butter in a saucepan, take off stove and add flour and stir until smooth. Return to stove and gradually add milk a little at a time and stir until milk begins to boil. Do not boil. Take off stove and when cool add tomato juice, salt, pepper and sugar to taste. If liked a pinch of cayenne pepper can be added. This soup can be served by heating, but do not boil. Also delicious served cold.

MRS. M. ZAACKS.

PEROGEN 1.

3 eggs (small) A little salt
1 pkt. PERFECTION A little sugar
self-raising flour 3 heaped tablespoons chicken
¾ glass cold water fat.

Meat filling: Mince boiled meat, onion, salt, pepper to taste and 1 tablespoon chicken fat.

Method: First rub fat into flour, then add 2 eggs (well-beaten), water, salt and sugar. Mix to a soft dough. Knead well. Roll out small portions of dough, fill with meat filling and press together. Brush with well-beaten egg. Bake on pan greased with fat in moderate oven till light brown. Makes 28 perogen.

PEROGEN 2.

1 lb. PERFECTION flour 1 teaspoon sugar
½ teaspoon salt 1 tablespoon chicken fat
2 eggs (1 for brushing) ½ cake yeast.

Sift flour, salt and sugar. Dissolve yeast in a little lukewarm water. Make a well in the dry ingredient mixture and mix a little with yeast. Add beaten egg and fat. Knead well to a soft dough with lukewarm water. Cover well and leave in a warm place for about 2 hours or more to rise. When well risen, knead again and roll into small portions. Fill with meat mixture, brush with egg and bake until done.

BERTHA SCHLOMOW.

KREPLACH.

1 lb. soft steak Water to mix
2 cups PERFECTION flour Breadcrumbs
3 eggs Seasoning.

Make dough using 2 eggs, flour and water. Roll out to ¼ inch thickness. Mince meat and mix with 1 egg, salt, pepper, and breadcrumbs. Cut dough in diamond shapes and fill with teaspoonsful of meat mixture. Press ends securely together and place in clear, boiling soup (chicken soup preferably). Boil for about 20 minutes in the soup, and serve hot.

ANNE STEIN.

BEVERAGES

LEMON SYRUP THAT WILL KEEP FOR MONTHS.

If you are lucky enough to have a lemon tree, or when lemons are cheap, squeeze from a quantity of lemons, the juice and strain. To every cup of pure lemon juice, add 2 cups of sugar. Put into top part of double boiler, or saucepan, and cook over heat until it is quite dissolved and clear. Allow to cool and bottle. Can keep for a long while. When wanting to use this put a small quantity in a tumbler and fill with water. A very healthy and refreshing drink.

CELIA BACH.

ADVOKAAT.

Ongeveer $\frac{1}{2}$ bot. brandewyn	8 onse suiker
1 pt. melk	Vanilla essens na smaak.
Geel van 8 tot 12 eiers	

Roer suiker en melk en bring na kook punt. Klits geel van eiers deeglik, voeg brandewyn stadig by en dan voeg melk by, en vanilla essens.

MEV. HELENA BESTER.

ORANGE AND LEMON DRINK.

Rind and juice of 12 oranges	8 cups sugar
Rind and juice of 4 lemons	1 packet each tartaric and
12 cups boiling water	citric acid

Grate the rinds of the oranges and lemons and place together in a large bowl with all the other ingredients. Allow to stand until next day, stirring it frequently. Strain and bottle.

ORANGEADE.

8 oranges	Soda water
$\frac{1}{2}$ lb. sugar	Ice.

Wash the oranges and peel very thinly. Put into a jug, add sugar and one cup of boiling water. Strain the juice from the oranges and add to the contents of the jug. Allow to cool. Strain before using and serve with soda water and a lump of ice.

COLD WATER GINGER BEER.

12 bottles water	2 $\frac{1}{2}$ lbs. sugar
1 cake compressed yeast	1 tablespoon cream of tartar.
3 tablespoons ground ginger	

Cream the yeast with a little sugar and add one cup of luke-warm water. Mix sugar, ginger and cream of tartar, stir in water, then the yeast. Stir until the sugar has dissolved. Cover with a cloth, leave until it begins to ferment. Strain and bottle.

ANON.

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FISH DISHES.

SALMON MOULD.

1-6 oz. or 8 oz. tin salmon	1 teaspoon gelatine dissolved in 2 teasp. cold water
$\frac{1}{4}$ cup chopped celery and parsley (mixed)	$\frac{1}{2}$ fresh diced cucumber
$\frac{1}{2}$ cup mayonnaise or salad cream	1 cup mashed white cheese (optional)
1 pkt. ROYAL Jelly (green or red)	2 tablespoons red vinegar $1\frac{1}{2}$ cups hot water.

Prepare jelly by mixing with $1\frac{1}{2}$ cups hot water and the vinegar. Leave this to thicken slightly. Add all other ingredients, folding in gradually. Turn into a suitable mould and leave to set till firm. Can be prepared day before. Turn out and garnish with radish roses, parsley sprigs etc. Delicious and attractive dish to grace any buffet luncheon or supper table.

SNOEK AND RICE. (Gesmoorde Snoek).

Boil about 1 cup of rice 10 minutes, and then steam 10 minutes. Leave to get cold. Meanwhile boil 1 lb. of fresh (unsalted) snoek in water enough to cover, with a small onion, salt and pepper to taste. Leave to get cold. Take cold snoek and remove skin and bones. Melt 2 tablespoons oil or butter in a large pan and fry a chopped onion till golden brown. Add cold rice slowly, and stir slowly. Add the flaked snoek, a chopped pickled gherkin, a chopped green or red pepper, and a chopped tomato. Stir slowly till rice is thoroughly mixed. If too dry, add $\frac{1}{2}$ cup white wine (Mardi Gras), or fish stock. Serve hot with toast.

DOREEN BRAND.

FISH MOUSSE.

Make a stock of about 1 lb. stockfish, fish heads, onion, carrot, bayleaf, peppercorns and about 1 pint water, and salt to taste. Cook for an hour, strain and pour over 2-3 lbs. kabeljou, cape salmon or any white fish. Cook gently until cooked. Cool the fish, flake it or mince it, add 1 dessertspoon gelatine softened and dissolved in a little stock, $\frac{1}{2}$ cup mayonnaise, 1 teaspoon grated onion, salt, tabasco or cayenne pepper, and enough stock to soften the mixture. Add about three tablespoons cream, and taste for seasoning. Pour it into a wet mould and leave in fridge till firm. Unmould and garnish with olives and hard boiled eggs. Serve with a sauce made with about half a cup of mayonnaise, one tablespoon tomato sauce, five olives chopped fine, 1 teaspoon capers, 2 teaspoons chopped parsley, 1 tablespoon chopped pickled cucumber, and 1 teaspoon chopped chives.

ANON.

FILLETS OF SOLE WITH DUCHESSE POTATOES.

Soles	Butter
Lemon juice	Duchesse potatoes
Small quantity of white wine (MARDI GRAS)	Pepper and salt.

Fillet the soles and season with salt, pepper and lemon juice. Put the fish in a buttered dish and add wine. Cook in a moderate oven for about 15 minutes. Pipe a border round a dish with duchesse potatoes. Dish fillets in the centre of the potato border, and sprinkle with grated cheese and melted butter. Put in a hot oven for a few minutes to brown the surface.

DUCHESSE POTATOES.

1 lb. cooked potatoes	Small quantity of milk
1 tablespoon butter	Salt and pepper.
1 yolk of egg	
Mash the potatoes well. Add the butter, and stir in the egg and milk, salt and pepper.	

LEONIE BALKIN.

CURRIED HADDOCK.

1 lb. cooked haddock	$\frac{3}{4}$ cup milk
2 tablespoons cocoanut	1 dessertspoon curry powder
1 teaspoon PERFECTION flour	1 onion
Little lemon juice	1 cup water or fish stock
	3 tablespoons butter.

If the haddock is very salty, leave in a basin of cold water for a few hours and then boil until tender. Break the fish in pieces and fry in half the butter. Put all the other ingredients (except the lemon juice) into a saucepan with thinly sliced or grated onion, and cook until onion is tender and liquid thick, then add the fish and a little lemon juice to taste. Be careful not to have the fish too salty. Serve with boiled rice or snippets of toast.

LILIAN KOORS.

FISH AND MACARONI PIE.

$\frac{1}{2}$ lb. cooked fish	3 ozs. grated cheese
$\frac{1}{4}$ lb. FATT'S & MONIS macaroni	1 oz. butter
	Salt and pepper.

Remove all skins and bone from the fish and break it in large flakes. Break the macaroni in pieces about half an inch and boil in salted water until tender. Butter a pie-dish well, put a layer of fish in, then macaroni, and then a few small pieces of butter. Sprinkle over about 2 teaspoons grated cheese, and so on until the dish is full. Sprinkle a thick layer of cheese on top. Place a few little bits of butter on top of this, and bake in a quick oven until it is brown.

SHEILA SLOME.

PICKLED FISH.

Dip 2 lbs. fish in a batter of flour, egg and water. Fry in EPIC oil, take 4 large onions sliced, 1 cup vinegar, $\frac{1}{2}$ cup water, 2 tablespoons sugar, 6 bayleaves, $\frac{1}{4}$ teaspoon salt, 1 dessertspoon curry, 6 peppercorns, 1 teaspoon borrie. Boil these together till once on the boil. Switch off and let stand for 5 minutes on stove and then remove. Cool and pour over fish. Can be eaten the next day.

MARTHA KLITZNER.

FISH BALLS IN CUSTARD.

Prepare fish as for gefulte fish. Place fish balls into pyrex dish with a pat of butter on each. Beat up 1 or 2 eggs depending on quantity. Add milk and season slightly. Pour into dish and bake. To be served with mashed potatoes, green peas or cauliflower.

MRS. S. SILBERT.

GEFILTE FISH a la MUHLE.

3 lbs. mixed line fish	1 tablespoon matzo meal
1 onion	$\frac{1}{2}$ pint cream
2 carrots cut into rounds	$\frac{1}{4}$ lb. grated cheddar cheese
Pepper and salt to taste	1 tin button mushrooms or
1 glass cold water	tin mushroom soup
1 tablespoon EPIC Oil	2 well beaten eggs.

Mince filleted fish and onion. Save bones and head for stock. To the minced fish add eggs, water, pepper and salt, matzo meal, fish oil and stir well. Form into rounds, and put into pot containing the heads and bones. Add a few yellow onion skins for colour, and enough water to cover. Bring to boil, and let simmer for $1\frac{1}{2}$ to 2 hours. Remove fish balls, then strain the stock over this. Also the boiled carrot rounds, (must be boiled together with the fish). *Sauce a la Muhle.* To the gefilte fish, which has been refrigerated, add cream and mushrooms. Sprinkle grated cheese on top, and bake in a moderate oven for approx. half an hour.

RUTH HOFFMAN.

FILLETS OF SOLE BONNE FEMME.

Fillets of sole	$\frac{1}{4}$ pint cream
Mushrooms	Salt and pepper to taste.
2 oz. butter	

Quarter the filleted soles, and roll up and fasten with a toothpick. Cook fillets slightly in just enough salted water to cover. Remove carefully, and pack in pyrex dish. Fry a tin of mushrooms in a little butter, and place these and 2 ozs. of butter over fillets. Pour over cream and seasoning. Cover dish with greaseproof paper (or tinfoil paper) and cook in 350 deg. oven till sauce looks "set", but not dry.

BLANCHE MILLER.

FISH CUSTARD.

2 cups cooked flaked fish	1 teaspoon chopped parsley
$\frac{3}{4}$ cup milk	1 egg
1 slice bread	Salt and pepper to taste.

Mix all the ingredients thoroughly. Pour into greased baking dish. Bake at 300 deg. until set.

SHEILA SLOME.

BAKED FILLETS OF FISH IN CHEESE SAUCE.

Roll each fillet of fish, place in greased baking dish. Sprinkle with salt, pepper and lemon juice. *Cheese Sauce:* 2 tablespoons butter, 2 tablespoons PERFECTION flour, salt and pepper, 1 cup hot milk, $\frac{1}{2}$ cup grated cheese. Melt butter in saucepan. Add flour, and stir till well mixed. Add salt and pepper. Add hot milk slowly, stirring continuously. Cook till mixture thickens and is smooth. Add grated cheese and stir till cheese melts. Pour over fish fillets and bake in oven for approximately 30 minutes. Optional—sprinkle dried breadcrumbs over the top.

LENA LEIBOV.

FISH CASSEROLE.

1 chopped onion	1 lb. fresh haddock
Pepper and salt	1 tablespoon finely chopped parsley
$\frac{1}{2}$ oz. butter	1 pot plain yoghourt.
$\frac{1}{4}$ lb. tinned mushrooms	

Fry onions lightly in melted butter, put into fireproof dish. Cut fish into small pieces. Add fish, parsley and seasoning to dish. Spread the yoghourt over. Top with sliced mushrooms. Bake in slow oven for about 40 minutes. Serves 3.

MYRA ORMAN.

HADDOCK PIE.

Take $1\frac{1}{2}$ to 2 lbs. haddock (soaked for a few hours) and then boil until soft. While haddock is boiling, put on some potatoes to boil. Then take 1 or 2 onions and brown it with about 2 oz. of butter in pan. To this add 2 tomatoes cut up, plus 1 cup grated cheese. Stir well. When haddock is done, flake and add to the pan. When the potatoes are soft, mash with milk and butter. Take half of this potato mixture and add to haddock mixture. Stir well. Put into well-greased pyrex dish and then add remainder of potato mixture on top. Bake for 30 minutes in oven 375 degrees.

HILDA BLOOM.

BAKED FISH WITH ASPARAGUS SAUCE.

Take about 2 lbs. of filleted and sliced fish, and lay it in a slightly buttered dish. Sprinkle grated cheese on this, and then add a small tin of asparagus soup, mix with about $\frac{1}{2}$ pint of cream. Bake in a slow oven and serve warm.

MOLLY MINITZER.

DELICIOUS RICH BAKED FISH.

Use either kingclip, seventy four, sole of any other rich fish. Fillet and cut in square pieces and dip lightly in flour and fry slightly in butter. Take fish off and put in pyrex dish which should not be greased. Now grate one or more tomatoes and add an onion cut up in tiny pieces, add 1 tablespoon cream and 2 tablespoons white wine (MARDI GRAS) and stir these in until it cooks lightly. Pour whole mixture over fish and cover dish with 2 pieces of butter paper and bake in oven for approx. $\frac{1}{2}$ hour.

LEAH HENDLER.

MACARONI AND FISH BREDIE.

8 oz. FATTIS & MONIS macaroni	1 tablespoon tomato paste Salt and pepper
4 large tomatoes	1 tablespoon chilli sauce <i>or</i>
6 small cutlets of stock fish	1 dessertspoon sugar and
1 large onion	1 tablespoon vinegar.

Toss cutlets in seasoned flour—lightly fry onion in EPIC oil, put in cutlets, place lid on saucepan and cook for 10 minutes, shaking from time to time. Now add all other ingredients and cook for further 10 minutes. Arrange on a dish of cooked macaroni. Sprinkle with parsley.

JOYCE SOLOMON.

FISH CROQUETTES.

2 cups boiled fish	1 egg
2 cups hot mashed potatoes	A little grated onion
1 tablespoon butter	Chopped parsley
1 $\frac{1}{2}$ cups milk	Salt and pepper.

Skin, bone and chop the fish fine, add the potatoes and melted butter, the milk, egg and seasonings. Form into balls, dip into egg and breadcrumbs and fry in hot EPIC oil or butter.

SYLVIA DAVIDOWITZ.

SALMON SOUFFLÉ.

1 tablespoon butter	1 heaped tablespoon PER-
$\frac{1}{2}$ cup hot milk	FECTION flour
Grated onion	1 tin salmon
2 eggs	Salt and pepper.

Make a white sauce by melting 1 tablespoon butter and adding 1 heaped tablespoon PERFECTION flour, mix well on stove and add $\frac{1}{2}$ cup hot milk. Stir carefully, till it forms a smooth paste. Mix with salmon, grated onion, salt and pepper and egg yolks. Fold in stiffly beaten whites. Pour into large greased dish and bake in hot oven until set.

SYLVIA DAVIDOWITZ.

TOASTIE BAKED FISH.

Cut fish into fillets for serving. Dip into milk to which has been added salt and pepper. Dip into finely crushed Post Toasties. Place in very heavily buttered pyrex dish. Pour a dessertspoonful of cream on to each piece of fish. Cover with a slice of tomato, sprinkle generously with grated cheese and a little minced onion. Top each with a nut of butter. Bake at 400 deg. for 30 minutes.

REBA KRAWITZ.

MOCK CRAYFISH WITH MUSHROOMS.

Flake previously cooked cold kabeljou or cape salmon. Prepare a white sauce—not too thick and add fish and flavour according to taste with salt, pepper and a little grated cheddar cheese. Add a little tomato sauce, and a tin of savoury or button mushrooms. Blend, reheat, and serve on boiled buttered rice. Simply delicious.

DOREEN BRAND.



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LUNCHEON AND SUPPER DISHES.

RISOTTO.

2 oz. rice	2 oz. butter or margarine
Salt and pepper	2 tablespoons grated cheese
1 onion	1 pint stock or water
2 tomatoes	

Wash and drain rice. Peel and slice onion. Melt shortening in pan, stir in rice and onions, stock and seasoning. Cook slowly covered for about $\frac{3}{4}$ hour or until rice is soft and most of the liquid is absorbed. Fork occasionally to prevent sticking. Skin and slice tomatoes, add to mixture and cook for another 10 minutes. Stir in cheese before serving.

MYRA ORMAN.

MACARONI FRITTERS.

Cook 3 oz. FATTIS & MONIS MACARONI for about 7 minutes in fast boiling salt water. Strain. Meanwhile beat 3 eggs, add 2 oz. grated cheese and seasoning. Mix into this the cooked macaroni. Heat knob of butter in frying pan and drop in spoonful of this mixture. Fry until crisp and golden brown on both sides.

HELLA BOROCHOWITZ.

MACARONI AU GRATIN.

1 lb. FATTIS & MONIS macaroni	1 tablespoon PERFECT- ION flour
1 teaspoon salt	2 cups grated cheese
2 tablespoons butter	2 cups hot milk
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ cup breadcrumbs.

Boil macaroni for 10 minutes in 4 quarts of rapidly boiling water to which 1 tablespoon salt has been added. Drain. In a double boiler, melt the butter, add the flour, hot milk and seasonings and cook until thick. In a well-greased baking dish, put a layer of macaroni, then a layer of cheese, continuing until both are used up, having top layer of macaroni. Pour the white sauce over, cover with breadcrumbs and dot with butter. Set the dish in a pan of hot water and bake slowly for 20 minutes or until crumbs are golden brown.

JOYCE SOLOMON.

FISH AND POTATO SALAD.

Cold cooked fish	Salt, pepper and vinegar
3 tablespoons mayonnaise	1 small cooked beetroot.
1 cup cold potatoes	

Flake the fish and slice the potatoes. Mix them together, adding mayonnaise, salt and pepper. Place sliced beetroot in vinegar. When ready to serve the salad, put the fish, potato and mayonnaise into a salad bowl with border of pickled beetroot.

ANON.

BAKED SPAGHETTI SUPPER DISH.

$\frac{1}{4}$ pkt. FATTIS & MONIS
spaghetti

$\frac{1}{4}$ lb. grated cheddar cheese

2 eggs

1 large cup milk

Pinch salt and pinch pepper

Breadcrumbs.

Cook spaghetti with salt till tender, and drain. Put back into saucepan and mix the grated cheese and 2 beaten eggs, milk and pepper. Pour all into greased baking dish. Sprinkle with breadcrumbs and decorate with sliced tomato. Put on a few dabs of butter and bake in medium oven until top is golden brown.

ANNE STEIN.

SPAGHETTI DINNER.

Cook till tender $\frac{1}{2}$ cup each of chopped celery and onion in 2 tablespoons shortening. Add 1 lb. frankfurters (sliced) and brown slightly. Stir in one tin tomato soup, $\frac{1}{2}$ cup water, 1 teaspoon Worcester sauce. Cook over low heat about 10 minutes, until thick. Meanwhile cook 6 ozs. FATTIS & MONIS spaghetti. Pour meat mixture over spaghetti. Serve hot.

MYRA ORMAN.

SOUR MILK LATKES.

$\frac{1}{2}$ pint sour milk

1 egg

1 cup PERFECTION flour

1 teaspoon ROYAL baking
powder

Pinch of salt.

Mix egg into sour milk and add flour to which baking powder has been added and mix into a thin dough. Drop dessertspoonfuls on to buttered pan and fry until pancakes are light brown.

DAVERILLE SHER.

BLINTZES.

2 large eggs

1 pint water

2 large cups of

PERFECTION flour

Make a batter of the above, beat well. Grease lightly a medium-sized pan with butter. Heat on stove. Pour a couple of tablespoons of the batter to fry. Turn out on a floured board on table. Fill with cheese (cream) which has been seasoned with sugar. Fold up well. When all ready, fry in butter. Serve hot with cinnamon or sugar. Sprinkled cheese used is about half a pound. Makes several blintzes. Can be varied and baked in oven if preferred. The same batter can be used with minced meat filling. Vegetable fat can be used for the greasing and frying.

TRADITIONAL.

VEGETABLE PUREE.

Cover bottom of a pot with shavings of butter. Slice ripe tomatoes and cover butter with these slices. Cut up cabbage, spinach and green beans finely. Put layers of each of these vegetables on top or over the tomatoes in the pot. Simmer on a low plate until beans are done and serve warm. Delicious when served with poached eggs.

MRS. HAIDEE SANDLER.

HERRINGS IN CREAM.

6 herrings
1 cup white vinegar
Onions
3 bay leaves

1 cup of thick cream
Little sugar
4 allspice.

Soak herrings overnight. Bone and roll up halves and fix with cocktail sticks. Put herring, onion, spice and bay leaves layer by layer in jar. Sprinkle with sugar, mix cream and vinegar and cover with this mixture. Ready for serving in 3 days time. Keep in cool place.

TRADITIONAL.

COTTAGE CHEESE DUMPLINGS IN TOMATO SAUCE.

2 tablespoons EPIC oil
 $\frac{1}{2}$ onion (chopped)
6 tablespoons rice
 $\frac{1}{2}$ lb. cottage cheese

Garlic
Salt and pepper
Sugar to taste.

Sauce: 1 tablespoon EPIC oil, $\frac{1}{2}$ chopped onion, 1 tablespoon PERFECTION flour, $\frac{1}{2}$ glass tomato puree, bay leaves, peppercorns, sugar and lemon to taste. *To make dumplings:* Fry onion until light brown. Fry rice, add remaining ingredients. Mix well. Shape dumplings. *To make sauce:* Fry onions, add flour, 1 glass water, add remaining ingredients. Boil. Add dumplings while sauce is boiling.

MRS. RIVKA KIKAYON, Israel.

SALMON AND SPAGHETTI SCRAMBLE.

2 $\frac{1}{2}$ tablespoons PERFECT-
ION flour
1 $\frac{1}{2}$ oz. butter
1 $\frac{1}{2}$ cups milk
1 tin salmon

1 pkt. 16 oz. FATTIS &
MONIS spaghetti
Salt and pepper
Grated cheese and bread-
crumbs.

Melt butter and blend in flour, gradually add scalded milk, stirring all the time, until sauce thickens. Remove sauce from stove and stir in drained salmon. Add seasoning. Arrange alternate layers of salmon mixture. If you wish, add layers of grated cheese and bread crumbs, which have been mixed together, between each layer of salmon and spaghetti, as it makes for a tastier dish as well as for increased servings. Serve with mashed potatoes.

DELICIOUS SALDANHA PILCHARD THERMIDOR.

Drain and flake pilchards. Place boiled rice about 1 $\frac{1}{2}$ inches thick in a well buttered casserole. Pile fish on top of rice. Slice a few onion rings over the pilchards, then a layer of sliced tomatoes. If desired you may place a layer of mushrooms on top of tomato. Beat 2 eggs well with one cup of milk, and pour over mixture. Sprinkle finely grated cheese and pepper over and top with pats of butter. Bake till golden brown.

RENEE ZIEFF.

CURRIED EGGS.

Hard boiled eggs	1 tablespoon pea flour
1-2 oz. butter or fat	1 apple
1 onion	1 tomato
1 pint water, milk and water or stock	2 teaspoons curry powder
	Salt, pepper, sugar to taste.

Melt shortening in saucepan and fry finely chopped onion until well cooked. Add chopped apples, also cook a little, then add curry and cook a little. Next add chopped tomatoes, add peaflour and stir till moisture is absorbed, then gradually add liquid and seasoning. Bring to boil, add juice of $\frac{1}{2}$ lemon and pour over eggs which have been placed on a bed of boiled rice. Bananas, raisins, dried apricots can give sauce a delightful flavour.

ANON.

BOBOTIE.

1 lb. beef or mutton	$\frac{1}{2}$ pint stock
1 slice of bread	2 teaspoons curry
1 egg	$\frac{1}{2}$ oz. fat
1 tablespoon chutney	Salt and lemon juice.
1 onion	

Mince meat, soak bread in stock and mash well with fork. Add to mince, together with chutney, salt and lemon juice. Melt fat in saucepan and lightly fry finely chopped onions; add curry and fry a little. Then add meat mixture and stir well. Turn into well-greased pie-dish and pour beaten egg over it. Bake in oven for $1\frac{1}{2}$ hours.

MRS. R. ORMAN.

NUT CUTLETS.

Mix 4 oz. milled walnuts with 2 oz. of breadcrumbs, a pinch of herbs and a little marmite. Mix on a board and make a hole in the middle. Into this break 1 egg. Break another egg into a plate. Leave enough egg on the plate to cover the cutlets and add the rest to the other material on the board. Mix well on the board. Roll and shape into cutlets. Roll these in the eggs on the plate and then in the breadcrumbs. Fry to a dark brown in boiling vegetable butter. For Pesach, replace breadcrumbs with matzo meal.

MRS. HAIDEE SANDLER.

TOMATO SMOOR.

1 lb. or more ripe tomatoes	2 level tablespoons PER-
2 tablespoons EPIC oil or	FECTION flour
1 tablespoon fat	3 teaspoons sugar

Pour boiling water over tomatoes, skin and cut up. Warm fish oil and cut in one small onion. When beginning to brown, add tomatoes and boil until soft. Stir occasionally. Add salt and pepper. Mix flour and sugar to a paste with a little water. Add to tomatoes, stir and boil for a few minutes. Delicious with meat or fish.

MRS. M. ZAACKS.

TOMATO SCRAMBLE.

3 tomatoes	1 oz. butter
2 eggs	4 rounds toast
1 tablespoon finely chopped onion	Salt and pepper
	1 tablespoon milk.

Skin tomatoes, cut into small pieces. Heat butter and fry chopped onion 2-3 minutes. Add chopped tomatoes, fry for further 3 minutes, stirring often. Beat eggs, season with salt and pepper, add milk. Mix well. Add to tomatoes and chopped onion in saucepan. Allow to cook without stirring until mixture begins to set around edges. Then stir over low heat until mixture is set and crumbly. Pile onto hot buttered toast.

EDNA BROOMBERG.

EGGS IN HIDING.

1 cup cheese	1 cup post toasties
6 eggs	1 tablespoon butter
1 tin tomato soup	

Warm tomato soup with butter, and then add cheese to this allowing it to melt. Smear dish with butter, and arrange halved boiled eggs at bottom of dish, and then pour sauce over this and sprinkle post toasties on top. Bake in moderate oven.

MOLLY MINITZER.

LASAGNE. (Sufficient for 6 people).

Tagliatelle. (1).

Make lokshen from $3\frac{1}{2}$ cups PERFECTION flour, $1\frac{1}{2}$ teaspoons salt, with 1 cup pureed spinach, kneaded into the dough. Cook this tagliatelle in boiling water for 5 minutes. Drain.

Tomato Sauce. (2).

Place in a pan, 1 large chopped onion, 2-3 cloves garlic, 6 sprigs parsley, $\frac{1}{4}$ cup EPIC oil, $3\frac{1}{2}$ cups peeled tomatoes, 1 small can tomato paste, 2 bay leaves, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ cup water. Mix well and toss in 1 lb. minced beef. Cover, simmer for $\frac{3}{4}$ hour, stirring now and again.

Bechamel Sauce. (3).

Cook 1 finely chopped onion in 4 tablespoons margarine or chicken fat. Stir in 3 tablespoons flour and pinch salt. Slowly stir in 2 cups chicken broth and cook till thick. Add two slightly beaten egg yolks.

In a large dish place layers (1), (2) and (3) alternatively until all are used up, ending with layer (3) on the top. Bake for 20 minutes at 325 deg.

FREIDA JOFFE.

FOR GOODNESS SAKE

USE

FATTI'S & MONI'S

SPAGHETTI

P.S.—and don't forget they make "RECORD"
flour too.

POTATO FRITTERS. (LATKES).

- | | |
|-------------------|---------------------------------------|
| 1 lb. potatoes | $\frac{1}{2}$ cup matzo meal or flour |
| 1 teaspoon salt | Butter or EPIC oil for |
| 2 teaspoons sugar | frying. |
| 1 egg | |

Peel and wash potatoes. Grate on medium grater. Put in all ingredients and mix well. Let it stand while oil is getting hot. When nice and brown, remove and place on paper to absorb oil.

MIRIAM BIRKAN.

AVOCADO PEARS AND SALMON.

Take as many avocado pears as required. Cut lengthwise and take out pip, removing any brown skin. Shake a little pepper, salt and paprika into the hollow and sprinkle little lemon juice over. Then put in a good spoonful of pink salmon (which you have mashed with a little paprika, pepper and lemon juice). Cover well with grated cheese and place under grill for 7 minutes. As a change, a topping of cornflakes or breadcrumbs and a few pats of butter may be used. Chili sauce can also be added.

JOYCE SOLOMON.

RISOTTO A LA MILANESE.

- | | |
|--|--|
| 14 oz. rice | 1 onion (chopped) |
| 2 $\frac{1}{2}$ oz. butter or oil (EPIC) | $\frac{1}{2}$ glass red wine |
| 1 handful of parmesan or
hard cheese (grated) | Fish stock (as much as re-
quired). |

Fry chopped onion in fat until it turns yellow. Stir rice well into this, and then pour on wine and some fish stock (if desired), as much as necessary. Simmer until rice is soft, and serve hot topped with the grated cheese.

ELSA PAPESCH.

BAKED EGG AND MEAT LOAF.

Prepare minced meat and flavour with salt, pepper and a little celery salt or garlic salt, chopped parsley and a grated tomato. Put half mixture into a greased pyrex dish or loaf pan. Place whole hard boiled eggs in centre and pat rest of meat mixture on top of eggs. Bake 375 deg. till done. Garnish with mashed potato, or leave plain. Can be served hot or cold. Excellent turned out and sliced for a buffet meal.

BRAISED STEAK PIE.

Braise steak with onion, a clove garlic, bayleaf, allspice, salt and pepper and sliced carrot till brown and tender and with sufficient water to make a good gravy. (Thicken gravy slightly with a little flour and water if so desired). Put into pyrex dish and cover with the gravy. Prepare rough puff pastry and roll out to cover top of chosen dish. Bake in 375 deg. oven till light brown and crusty. Serve hot.

DOREEN BRAND.

CHEESE SOUFFLÉ.

Make a thick white sauce (4 tablespoons butter, 4 tablespoons PERFECTION flour, to 1 cup milk), adding $\frac{1}{4}$ teaspoon mustard, and a dash of cayenne pepper with the salt and pepper. Stir into the white sauce, 1 cup shredded sharp cheese ($\frac{1}{4}$ lb.). Remove from the heat, stir in three egg yolks, well beaten. Beat until stiff, 3 egg whites with $\frac{1}{4}$ teaspoon cream of tartar. Fold this into the cheese mixture. Pour into greased $1\frac{1}{2}$ quart casserole. Set casserole in pan of water (1 inch deep). Bake until puffed and golden brown in 350 deg. oven, for about one hour. Serve immediately.

LILIAN KOORS, Muizenberg.

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MEAT AND POULTRY.

WIENER BACKE HENDEHN (Spring Chicken fried in Oil).

Cut spring chicken in pieces, and salt them. Take as many eggs as required (perhaps two), whip them well with some salt. Now dip the chicken pieces firstly in seasoned flour, then in egg, and lastly in breadcrumbs. Fry in hot EPIC oil until tender. Lastly take a small bunch of parsley, and fry this as well in the hot oil. Top the chicken with parsley. A truly delicious dish which should be accompanied by young potatoes and mixed green salad.

ELSA PAPESCH.

BEEF CUBE STROGANOFF WITH PEAS.

2 cups cooked green peas	1 bay leaf
1 cup"water	1 teaspoon salt
2 lbs. boneless stewing beef	1 tablespoon horseradish
2 tablespoons minced onion	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup PERFECTION flour	$\frac{1}{4}$ cup vegetable fat.

Cut beef into $\frac{1}{2}$ inch cubes. Mix flour, salt and pepper in paper bag; then shake beef cubes in bag to coat them well. Measure fat into heavy pan and brown cubes on all sides. Add water, minced onion, horseradish and bay leaf. Cover and simmer for 45 minutes or until almost tender, adding more water if needed. Add peas and simmer for about 10 minutes. Remove bay leaf. Heat thoroughly, but do not continue cooking. If desired serve with cooked cauliflower. (Serves 6 persons).

RENEE ZIEFF.

STUFFED SHOULDER OF MUTTON.

1 shoulder of mutton	$\frac{1}{2}$ lb minced veal
A few sweet herbs	1 egg
Breadcrumbs	Salt and pepper.
Chopped parsley	

Bone the shoulder of mutton, or get the butcher to do it for you. Stuff with the mincemeat mixed with breadcrumbs etc., and moisten with the beaten egg. Tie round securely; put into a baking tin or roasting pan with some vegetable fat and bake until well browned on both sides. This is the most economical way of using a shoulder of mutton as there is very little waste. The bone could be used for soup, or chopped up and put in a saucepan with a little water and salt for the gravy.

ANON.

DUCKLING WITH SOUR CHERRIES.

Pot roast duckling for 40 minutes. Remove the fat from gravy, add a wine glass of sweet sherry or dessert wine. Mix in $\frac{1}{2}$ teaspoon of gravy thickening in cold water, boil for a minute and strain. Remove skin from duckling, cut duckling into pieces and lay on a platter. Add sour cherries (canned can be obtained) to the gravy, pour over the duckling and serve hot.

ELKA MILNER.

STEWED MUTTON WITH MIXED DRIED FRUIT.

Take a few onions and slice them, and brown in a little fat. Then add about 5 lbs. (or as much as you require), sliced shoulder of mutton or stewing mutton, and brown in onions. As soon as this boils, then add about $\frac{1}{2}$ cup vinegar. When meat becomes rather dry then add some water bit by bit, never adding too much as you want a nice brown stew. When meat is half way done, add about 1 lb. mixed dried fruit (which you have washed and soaked for a few hours) and let meat stew with this, adding water when necessary. If you want a gravy then see that you add a little water all the time, so that meat and fruit don't get altogether dry.

MOLLY MINTZER.

GESCHNETZELTES KALBFLEISCH (Chopped Veal).

2 lbs. veal (shoulder)	Approx. $\frac{3}{4}$ cup of dry white
2 lbs. finely chopped onion	wine (MARDI GRAS)
$1\frac{1}{2}$ oz. fat	$\frac{1}{2}$ tablespoon salt
1 level tablespoon flour	Little pepper.

Cut meat in small slivers approx. size $\frac{1}{4}$ -1 inch, heat fat, put in onions and meat, turn quickly until meat turns whitish, spread flour over it, pour on wine, add salt and pepper, turn once more and serve immediately. Can be served with boiled rice, mashed potatoes or elbow macaroni.

THE CONSUL OF SWITZERLAND.

CURRIED MEAT ROLLS.

4 steaks ($\frac{1}{2}$ inch thick)	1 clove garlic
1 sliced onion	1 tablespoon curry powder
2 tablespoons fat	Parsley.
1 cup stock	

Sauté onion, garlic and parsley in fat. Add curry powder. Pound meat and spread with part of curry mixture. Roll and fasten, brown meat add stock and remaining spread. Simmer until done. Thicken sauce. Serve on mashed potatoes with peas or any other vegetables.

EDNA BROOMBERG.

BRAISED TONGUE.

1 ox tongue	2 ozs. almonds, blanched
1 dessertspoon sugar	and shredded
1 tablespoon flour (PERFECTION)	1 carrot sliced
1 oz. fat	1 turnip sliced
1 small glass red wine	Bouquet garni of parsley,
Juice of 1 lemon	thyme
Strip of lemon peel	$\frac{1}{2}$ bay leaf
2 ozs sultanas	Salt.

Simmer the tongue in water with the vegetables, a bouquet garni and salt. When tender, skin it and leave to cool. Make a sauce as follows: Melt fat, cook the flour in it for 1 minute, gradually add enough of the water in which the tongue was cooked to make a thick sauce. Add the lemon juice, lemon peel, sultanas and almonds. Cut the tongue into slices and reheat it in the sauce.

ADRIENNE KOCH.

CHICKEN WITH CLARET AND TOMATO.

Chop 1 large onion and keep it for $1\frac{1}{2}$ hours in cold water. Then dry it and put in a frying pan with COSTA's olive oil. When brown take out onion and set aside. Cut up a chicken in 8 to 10 pieces, dip in PERFECTION flour and put in pan with cooked oil. Add salt and pepper and brown chicken. Put onion back and add half a glass of claret. When the chicken is cooked tender, add a cup of tomato sauce and serve.

ELKA MILNER.

SPAGHETTI BOLOGNAISE.

4 tablespoons EPIC oil	1 tin tomato puree
2 onions	Salt and pepper
1 lb. steak cubes	1 chopped green pepper
3 lb. minced meat	2 tomatoes
1 glass white wine (MARDI GRAS)	2 cloves garlic
	Little grated nutmeg.

Grate onions and garlic. Brown grated onions, garlic and peppers in oil for 5 minutes. Add meat, salt, pepper, white wine and simmer slowly stirring until brown. Add tomato puree and tomatoes, cover meat with water, add nutmeg. When oil comes to surface, simmer slowly for two hours. Serve this on spaghetti. Prepare FATTIS & MONIS spaghetti as follows:— Add spaghetti to boiling water and boil for 10 minutes. Put in strainer and rinse with cold water, then steam spaghetti for about $\frac{1}{2}$ hour. Just before serving, add a few drops salad oil and stir well. This prevents it from getting floury.

JUDY WITZ.

SCOTCH FILLET a la PORTERHOUSE.

Marinate sufficient Scotch fillet for your requirements, in red wine for 24 hours. Then season with salt and pepper. Brown quickly on all sides in heavy pot, but *be careful* not to prick and waste juices. Then roast about 1-1½ hours.

IDA ATLAS, Kenilworth.

BRAISED MUTTON AND DUMPLINGS.

3 lbs. neck of mutton Few peppercorns.
Salt, pepper

Boil meat till soft, together with seasonings, and see that there is plenty of gravy.

DUMPLINGS:

2 cups PERFECTION flour 3 teaspoons ROYAL baking
Pinch of salt. powder

Mix the above dry ingredients with sufficient water to make a dough which is not too soft. Take a teaspoon, dip it in the meat gravy, and then fill teaspoon with dough, and add to stew. Carry on till dough is finished. Cook slowly till dumplings are ready, then remove pot from stove.

RIVA HOFFMAN.

MONKEY GLAND STEAK.

2½ lbs. steak 3 tablespoons chutney
3 tablespoons vinegar 3 tablespoons tomato sauce
3 tablespoons Worcester 1 chopped onion.
sauce

Mix vinegar, Worcester sauce, tomato sauce, chutney and onion and soak sliced steak in this mixture for at least an hour. Drain meat, fry in hot EPIC oil. Then heat remaining sauce in pan, and pour over meat. Serve with peas, chips and salad.

FREIDA JOFFE.

SOYA CHICKEN.

1 young chicken 2 tablespoons lemon juice
1 1-lb. tin pineapple rings Salt and pepper to taste
2 tablespoons soya sauce Flour and oil for frying.

Cut the chicken into serving portions. Wash and dry well. Season with salt and pepper, and dredge with flour which has been put into a paper bag. Fry in very hot oil till golden brown. Drain off well. Put the fried chicken into a casserole dish and add the soya sauce, lemon juice, pineapple rings, which are placed on top, and the pineapple juice. Bake covered, in a 400 deg. oven. The secret of this dish is to baste regularly every ¼ of an hour.

DORA BAILEY.

EXOTIC CHICKEN STEW.

- | | |
|----------------------------------|----------------------------------|
| 1 roasting chicken | 1 tablespoon vinegar |
| 3 large onions | 1 cup sherry |
| 2 cloves garlic | 2 cups shredded green peppers |
| 2 skinned and chopped tomatoes | 1 dozen olives |
| 2-3 tablespoons PERFECTION flour | $\frac{1}{2}$ cup seeded raisins |
| 2 tablespoons tomato paste | EPIC oil for frying |
| | 4 cloves. |

Cut up raw chicken in suitable serving pieces, and dip in seasoned flour. Fry in oil till golden brown. Add finely chopped onions and garlic. Add tomatoes, tomato paste (dissolved in vinegar), green peppers, cloves and $\frac{1}{2}$ cup sherry. Allow to simmer gently, gradually adding the rest of the sherry. Then add raisins and olives and allow to cook on for 10-15 minutes. Remove chicken when done. Thicken sauce. A little sugar may be added if necessary. Lastly add a little cayenne pepper. Water is unnecessary, but a little may be added gradually if the sauce is too thick.

BLANCHE MILLER.

WALNUT CHICKEN.

- | | |
|--|--------------------------------------|
| 2 chicken breasts (diced) | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon cornstarch or $\frac{1}{2}$ egg white | $\frac{1}{2}$ teaspoon sugar |
| 1 tablespoon wine (MARDI GRAS) | 1 teaspoon soya sauce |
| 3 tablespoons EPIC oil | $\frac{3}{4}$ cup walnuts or almonds |
| | EPIC oil for deep frying |

Fry wanuts in deep oil over high fire for a few seconds. Remove and drain. Heat 3 tablespoons oil in pan over high fire. Mix chicken with cornstarch or egg white and sauté for 3 minutes. Add salt, soya sauce, and sugar. Mix well. Remove pan from fire, mix in walnuts and serve immediately.

CELIA RABINOWITZ.

CHINESE CHICKEN.

- | | |
|------------------------------------|-------------------------------|
| 1 chicken | 1 cup white wine (MARDI GRAS) |
| 1 small tin pineapple chunks | |
| 1 small tin pineapple rings | 1 to 2 tablespoons EPIC oil |
| 2 tablespoons Worcestershire sauce | Salt to taste. |

Put oil in saucepan to heat, then joint and cut up chicken in smallish pieces—the breast into strips. Brown golden in oil, add sauce, salt, 1 tin of pineapple chunks with juice and white wine. Simmer until tender. Serve hot with white rice and green beans. Decorate with pineapple rings.

MYRA ORMAN.

PRUNE TZIMES.

- | | |
|---|---------------------------|
| 2 lbs. brisket (sliced) | 3 potatoes cut in cubes |
| $\frac{1}{2}$ lb. prunes soaked for a few hours | 2 tablespoons syrup |
| 1 onion | 2 tablespoons lemon juice |
| | Pinch of salt and pepper |

Cook the brisket with onion until brisket is almost tender. Add potatoes and prunes. Then add syrup and lemon juice, salt and pepper. Cook until meat is soft, and sufficient gravy is left in saucepan.

LENA LEIBOV.

MEAT AND RICE BALLS.

- | | |
|--|---------------------------------------|
| $1\frac{1}{2}$ lb. tenderised steak | Pinch pepper, salt, ginger and nutmeg |
| 1 egg | |
| $\frac{1}{2}$ lb. well washed rice (raw) | 1 slice white bread |
| 2 tablespoons breadcrumbs or matzo meal | 1 onion |
| | 4 tablespoons tomato puree. |

Slice onion and fry together with slice of bread in fat till golden brown. Mince meat, fried bread and onions, mix well, add pepper, ginger, salt, nutmeg and well-beaten egg with 2 tablespoons water, mix. Take halfspoonsful meat, hollow centre, fill with about a half teaspoonful of rice, fill top with meat, and roll ball in breadcrumbs. Repeat till all meat and rice is used up. Place in well greased glass baking dish, dot each meat ball with fat. Pour the tomato puree over the meat balls and simmer slowly, till done on both sides. Serve with gravy, mash potatoes and green peas.

FANNY LEVINSOHN.

CHICKEN A LA KING.

Stew poultry until tender. Cut up into small pieces. Saute in chicken fat: 2 tablespoons chopped onion and 2 tablespoons chopped green pepper, and stir in 3 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika. Add to this mixture 1 cup broth from the stewed chicken. Bring to boil and add 1 teaspoon lemon juice. Saute 1 tin sliced mushrooms in two tablespoons fat and cook slowly until tender. Add mushrooms to rest of sauce, pour over the poultry, and heat. (Add a little extra broth if too thick). Serve with rice or noodles.

LENA LEIBOV.

STUFFED MARROWS.

- | | |
|------------------|------------------|
| 6 small marrows | 1 onion |
| 2 eggs | EPIC oil |
| 1 lb. mince meat | Spices to taste. |
| Breadcrumbs | |

Scrape marrows and cut lengthwise in two. Remove pulp and place in saucepan. Mince meat with onion and spices and add 1 egg to mixture. Fill marrows and dip first in egg and then in breadcrumbs. Fry in hot oil till brown. Place in saucepan with pulp, tomato sauce (not enough to cover). Season with salt, pepper and teaspoon of sugar. Simmer for 1 hour. Stuffed marrows may also be baked in tomato sauce in oven.

CHICKEN CACCIATORE.

1 frying chicken	2 cloves garlic (thinly sliced)
1¼ teaspoon salt.	½ teaspoon pepper
½ cup COSTAS olive oil	3½ cups tomatoes (sieved)
1 teaspoon oregano	1 teaspoon chopped parsley

Heat oil in large heavy saucepan and brown garlic. Disjoint the chicken, roll in PERFECTION flour and fry until brown. Start with the meaty pieces, then add the less fleshy portions. While chicken is browning, combine remaining ingredients. Add to chicken and cook slowly for 25-30 minutes or until chicken is tender. If sauce becomes too thick, add a little water.

ITALIAN CONSULATE.

COTTAGE PIE WITH BATTER.

Prepare mince meat as for Cottage Pie. Make a batter of 1 egg, 1 cup PERFECTION flour and 1 teaspoon ROYAL baking powder and 1 teaspoon salt, and thin it down with water to a pouring consistency. Then add 2 heaped tablespoons of melted fat. Pour a layer of batter in pyrex dish, and slice potatoes very thinly over the batter. Add meat, another layer of potatoes and pour over the balance of batter. Bake in moderate oven till golden brown

MRS. SOPHIE SILBERT.

FRIED CHICKEN. (Southern Style).

Dress young chicken and cut into halves, quarters, or into more pieces, according to weight of the chicken. After the chicken has been chilled for 24 hours, roll the pieces in PERFECTION flour in which salt and pepper have been added, and fry in a deep frying pan in fat heated to a temperature 375 deg. or until one inch cube of bread will brown in one minute. Any fat or oil suitable for deep frying may be used. Enough fat should be used to cover the chicken without overflowing the pan. A deep-fat thermometer is a great help in keeping the fat at the right temperature. Place the chicken in the fat piece by piece, being careful not to overcrowd the pan. The temperature of the fat immediately drops below 275 deg. when the raw chicken is put in. Lower the heat slightly to keep the chicken from browning too quickly before it is tender. This requires 20-30 minutes, depending on size of chicken. Lay the cooked pieces on absorbent paper to drain, and keep them hot in a heated tin or dish until served.

AMERICAN CONSULATE, Cape Town.

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PICKLING BEEF OR TONGUE.

- | | |
|---|----------------------------|
| 1 tongue or 5 lbs. brisket | 1 dessertspoon brown sugar |
| 1 dessertspoon mustard | 6 bay leaves |
| $\frac{1}{2}$ breakfast cup coarse salt | 1 chilli |
| 1 dessertspoon allspice | 1 piece of garlic |
| $1\frac{1}{2}$ tablespoons saltpetre | 1 cup water. |

Wash meat well and prick with fork. Rub meat well with salt and saltpetre. Add all the rest of ingredients. Let stand for from 5-7 days in fridge. Boil when required.

MRS. MOULIE ROUP.

MINT SAUCE.

Chop finely 2 teaspoonsful of mint, pinch salt, speck of pepper, about 2 heaped teaspoons sugar, $\frac{1}{2}$ small cup vinegar. Put in bottle. Shake well till all is nicely blended.

MRS. MOULIE ROUP.

STUFFED GREEN PEPPERS. (Pilpel Yarok Memuleh).

Fill as marrows but cook on slow fire in pot with fried onions and a little water or tomato juice. N.B. When cleaning peppers cut off lid, remove white pips and replace lid after stuffing.

JANIE SEGALL (Israel).

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THE BRAAIVLEIS.

"Such a simple way of entertaining. So easy" These are the usual remarks that accompany the decision to have a braai instead of some stuffy formal dinner or luncheon party.

But let me tell you something confidential. If you've ever worked out what some braais must have cost, I'm sure you could go to Israel, live in the King David Hotel, listen to the Philharmonic Orchestra, and come back with a rand or two in your pocket. "Nonsense", I hear you say. Well then you haven't been to some of the braais that I have been to, and believe you me, you've missed nothing.

Let me tell you however about one of the nicest braais I have ever been to, and maybe your mouth will water and you will want to be able to lick the chops.

There must have been about 20 nice people, including all the lovely kids. It was Sunday lunch when everybody was relaxed after such a busy week. The children from the schools, the papa from the business and the mama from the whole week in the kitchen.

The wood had been gathered by the father and the two fine boys, placed on a nice simple home-made construction and set alight. It burned something lovely. The meat had been seasoned (just right) by the mama and the two little girls, who had also helped with the laying out of the cutlery, crockery, paper serviettes, cool drinks, plastic plates and glasses etc., etc. Nothing ostentatious. Just plain and ordinary from the bazaars. A couple of bottles of correctly chilled white wine, a few rugs on the grass and a few chairs for the older people (35 to 40 years).

Hors d'ouvres. Phoeey! Who wants to fill up on pickled or chopped herrings. This is a braai, not a cocktail party.

After sitting around and chatting about this, that and not much (such a change from all the culture stuff), we each received a plate, collected a chop or four, a piece of boerewors and then—ay then, to the table for the salads. I am almost inclined to say, the highlight of the day, although the chops should be, in this case the salads were. There must have been 8 – 10 different kinds of salads, and I don't mean the usual pineapple and cabbage mush with a dash of mayonnaise. Oh no. Salads like were made by the angels.

The whole meal was wonderful. I once met a turtle in "Alice in Wonderland" who sang about "Beautiful Soup", well this was "Beautiful Food".

Well, shall I give you some of the recipes? Steady now—no grabbing. I can give you one recipe, because that was all the hostess allowed me.

Of the others you will have but to dream, and maybe you too will be lucky enough one day to be invited to a braai like I went to.

JOAN SACKS, Klappmuts.

CALICO COLESLAW.

- | | |
|--------------------------------------|---------------------------|
| 1½ cups finely chopped red cabbage | 1 teaspoon salt |
| 1½ cups finely chopped white cabbage | ¼ cup minced onion |
| ⅔ cup mayonnaise | 1 tablespoon sugar |
| | 3 tablespoons vinegar |
| | 1 tablespoon celery seed. |

Method: Combine chopped vegetables. Blend remaining ingredients, stirring well to dissolve sugar. Pour dressing over vegetables and toss. Makes 4 - 6 servings.

JOAN SACKS, Klappmuts.

SOSATIES.

- | | |
|---|-------------------------------------|
| Allow about ½ lb. cubed steak and lamb per person | Bay leaves and peppercorns to taste |
| 4 sliced onions | 2 dessertspoons sugar |
| 1 dessertspoon curry powder | 1 teaspoon borrie |
| Crushed lemon leaves (about 3) | 2 cups brown vinegar |

Method: Put cubes of meat onto long skewers. Boil up all other ingredients together. Allow to cool. Now pour this mixture over the cubed meat. Allow to lie in this sauce for at least 12 hours. Drain meat, and braai in the usual way over glowing coals. If required, the sauce may be boiled up again, and thickened with flour, and served over the sosaties.

MARGARETA VAN ZYL.

SOSATIES.

- | | |
|-----------------------------|---|
| 3 lbs. lamb (without bone) | ½ cup dried apricots, soaked overnight and boiled |
| 5 large onions (sliced) | 1 clove garlic |
| 2 tablespoons fat | 6 orange leaves (optional) |
| Pepper | 1 tablespoon sugar |
| 1½ tablespoons curry powder | 3 tablespoons vinegar |
| ½ teaspoon salt | |

Method: Cut meat up into small cubes, and place on skewers. Fry onions and garlic in fat, and add to this the apricots (which have been first pureed), pepper, orange leaves, curry, sugar, salt and vinegar. Pour all this over the skewered meat, and let stand in a basin for at least 12 hours before using. Barbecue over glowing coals, after draining the meat first. The sauce is delicious warmed, and served over the meat.

ELIZABETH VAN WYK.

CURRIED CHOPS.

Put sufficient chops in a bowl. Sprinkle with curry powder, salt and vinegar to taste. Let stand at least 8 hours before grilling.

HILDA VOLKS.

A BRAAI WITH A DIFFERENCE.

The meat should be at least 3 to 4 days old.

For 8 lbs. chops use: 1 heaped tablespoon coriander and 1 teaspoon ground nutmeg. Mix well together, and rub mixture on both sides of meat about 3 to 4 hours before use. Put meat on griller, and place on hot coals. Allow to braai for a short while, reverse griller and sprinkle lemon juice or MARDI GRAS dry wine lightly on this side. Every time the griller is reversed, apply lemon juice or wine, until meat is completely done.

SYDNEY SOLOMON.

A CHICKEN BARBECUE.

This form of entertaining has increased in popularity lately, and to guide you in catering for such a function, the Western Province Poultry Breeders Association have kindly provided us with the following guide:—

CHICKEN BAR B.Q. SAUCE.

(T—Tablespoon. t—teaspoon)

CHICKEN HALVES:—	50	25	10
Vinegar	5 cups	3 cups	1½ cups
Salad-oil	5 cups	3 cups	1½ cups
Worcester sauce	5 T	2½ T	5 t
Tabasco or chilli sauce	1½ T	3 t	1½ t
Grated onions	2 T	1 T	2 t
Medium sized garlic	2½	1	½
Paprika	1½ T	3 t	1½ t
Tomato sauce	5 T	2½ T	5 t
Mustard powder	2 t	1 t	½ t
Salt	7 T	3½ T	7 t

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DESSERTS — COLD PUDDINGS.

COFFEE SOUFFLÉ.

2 eggs	4 tablespoons water
2 ozs. sugar	$\frac{1}{2}$ oz. gelatine
$\frac{1}{2}$ pint Ideal milk	Cream and fruit for decoration.
1 level tablespoon Nescafe	

Put egg yolks and sugar into basin over hot water. Whisk until thick and creamy. Whip Ideal milk stiffly, add to eggs and water. Melt Nescafe in warm water, add gelatine, stand in pan of hot water to dissolve gelatine. Whip egg whites with coffee mixture until stiff, fold into Ideal milk, eggs and sugar. Pour into dish and when set decorate with cream and fruit or pour into individual icecream dishes, and decorate.

SYLVIA UBERSTEIN.

SHERRY PIE.

1 pkt. Marie or Tennis biscuits. 3 ozs. butter.

Crush biscuits, melt butter and mix together. Pat into pie plate (9 inch) and bake at 300 deg. for 10 minutes. Now make filling as follows:— Soak 1 dessertspoon gelatine in $\frac{1}{2}$ cup cold milk. Separate 4 eggs. Place yolks and $\frac{1}{2}$ cup sugar in top of double boiler and beat together (off the stove). Add one cup of scalded milk and cook on double boiler, till custard coats a spoon, stirring all the time. Remove from heat and add gelatine and stir till dissolved. Slowly add $\frac{1}{2}$ cup brown sherry, and stir till mixed. Cool, place in fridge till thickened. Fold in nearly $\frac{1}{2}$ pint whipped cream and the stiffly beaten egg whites. Pour into shell and return to fridge for at least four hours to set. This superb dessert can be made without the pie shell if so desired.

ANON.

BANANA SHAPE.

4 bananas	1 teacup cold milk
$\frac{1}{2}$ cup of sugar	1 teacup boiling water.
1 pkt. ROYAL jelly	

Mash bananas with sugar. Mix jelly with water and bring to boil. Remove from heat and add bananas and sugar. Slowly stir in the cup of milk. Pour in wet mould and allow to set.

PINEAPPLE PUDDING.

1 pkt. ROYAL pineapple jelly	1 large tin canned pineapples
1 cup boiling water	3 egg whites
	1 tin condensed milk.

Mix the jelly with boiling water. Add the pineapple and condensed milk and lastly the beaten egg whites.

RAY FORMAN.

SHERRY PUDDING.

- | | |
|-----------------------------|---------------------------|
| 1 tablespoon gelatine | 1 cup milk |
| $\frac{1}{2}$ cup hot water | 1 cup cream |
| 4 eggs | $\frac{1}{2}$ cup sherry. |
| $\frac{3}{4}$ cup sugar | |

Dissolve gelatine in hot water until like syrup. Whisk the eggs and sugar until thick and lemon-coloured. Add milk, whipped cream and sherry and lastly the gelatine. Mix well. Pour into glass dish and set in fridge overnight. Decorate with cream and cherries.

SYLVIA DAVIDOWITZ.

YOUNGBERRY PUDDING.

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|-------------------------------|---------------------|
| 1 tin youngberries | Small tin CARNATION |
| 1 pkt. ROYAL jelly | milk (chilled for 1 |
| 2 big tablespoons icing sugar | hour) |

Drain youngberries. Put in dish. Make jelly with syrup of berries plus water (2 cups liquid, cup syrup and cup water). Sprinkle icing sugar over youngberries. When jelly is cool, pour over youngberries; then whip up milk thick like cream. Fold into jelly, then whip again with beater.

SYLVIA DAVIDOWITZ.

APRICOT MOULD.

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|----------------------------------|----------------------------|
| 1 pkt. ROYAL lemon jelly | 2 tablespoons apricot jam |
| $\frac{1}{2}$ tin condensed milk | 3 egg whites, well-beaten. |

Make jelly as usual and when it begins to set, add condensed milk, jam and lastly the beaten egg whites.

MRS. MOULIE ROUP.

PINEAPPLE PUDDING.

Grate 1 pineapple (fine). Add 2 cups water and 1 cup sugar. Boil together. Then take 2 tablespoons custard with a little cold water and stir into mixture. Dilute 1 pkt. ROYAL pineapple jelly in 1 cup of hot water and stir into mixture. Whip up the whites of 2 eggs and after the above mixture has cooled, beat in whites. Chill in fridge.

CELIA BACH.

COLD BANANA PUDDING. (Parava).

- | | |
|----------------------------|-----------------------|
| 4 ripe bananas | 1 cup sugar |
| 1 pkt. ROYAL jelly (lemon, | 2 eggs |
| orange or pineapple). | 2 spoons apricot jam. |

Prepare jelly with 3 cups water. Allow to cool. Mash bananas, add egg yolks, sugar and jam. Mix well. Add to jelly mixture. Beat up egg whites till very firm but not dry and add to cold jelly mixture. Allow to set. Decorate as desired.

IDA RABINOWITZ.

JELLY FLUFF. (Parava).

1 pkt. ROYAL jelly
4 - 6 ice cubes

1 cup boiling water.

Dissolve the jelly in the water. Then beat in one ice cube at a time until thick.

BAILA LANESMAN, Pretoria.

BANANA CREAM.

5 large bananas

1 cup cream

1 pkt. ROYAL jelly

5 teaspoons icing sugar.

(orange)

Dissolve jelly in $\frac{3}{4}$ pint water. Leave till cold and beginning to set. Mash bananas, add icing sugar and squeeze of lemon and whipped cream. Stir orange jelly into cream mixture. Put in wet mould and put in fridge. Decorate with bananas and whipped cream.

ETHEL BRAUDE.

PINEAPPLE AND CUSTARD REFRIGERATOR PUDDING.

2 pkts. finger biscuits

1 pint prepared custard

1 tin pineapples

(thick).

1 tablespoon brandy

Line dish with greaseproof paper. Line with finger biscuits. Cut pineapple into small pieces, and mix with custard and brandy. Place on top of biscuits. Continue in alternate layers of finger biscuits and custard mixture until top is reached. When ready to serve, turn out pudding, and cover with whipped cream. Decorate as desired.

FLOWER BRAUER.

OROS TART.

1 cup Oros (undiluted)

$\frac{1}{2}$ cup sugar

3 eggs

1 heaped tablespoon gelatine.

1 cup cold water

Beat yolks well with oros and sugar, and make a custard with it over a low heat, stirring all the time. Add gelatine, which has been dissolved in one cup of cold water. Stir in. Cool this mixture, until nearly set, and then fold in the stiffly beaten egg whites.

CRUST. This is made by mixing $\frac{3}{4}$ cup crushed post toasties with 2 tablespoons melted butter and 2 tablespoons sugar. Press mixture flat in dish, and pour in oros mixture. Allow to set until firm. This can also be served with afternoon tea.

MRS. LETTIE KING.

GUAVA FLUFF.

10 large stewed guavas 1 pkt. ROYAL strawberry
2½ cups hot syrup from these jelly
 guavas 1 stiffly beaten egg white.

Dissolve jelly in 2½ cups hot syrup. Sieve guavas, to make a puree. Mix jelly with guava puree. Fold in one stiffly beaten egg white. Allow to set. Serve with whipped cream or custard.

ANNE STEIN.

COLD BANANA PUDDING.

¾ cup sugar Juice of ½ lemon
1½ cups hot water 1½ cups mashed bananas
1½ dessertspoons gelatine 1 stiffly beaten egg white.
½ cup cold water

Boil sugar and hot water together for 5 minutes. Soak gelatine in ½ cup cold water. Add this to the hot syrup and stir. When cold and thickening, add lemon juice and mashed bananas, and whisk in one stiffly beaten egg white. Allow to set. Can be served with a topping of whipped cream, if desired.

ANNE STEIN.

CHIFFON PIE.

Crust. Roll half a packet of Marie biscuits (4 ozs.) or any other kind until fine; mix with 1½ tablespoons melted butter. Press into a pie plate and bake for 10 minutes in a moderate oven. Remove and leave to cool.

Filling: Prepare one packet of ROYAL jelly according to instructions. When jelly begins to set add any thinly sliced fruit, and pour mixture into pie crust. Put away to set, and before serving decorate with sliced fruit and whipped cream.

SHEILA SLOME.

STRAWBERRY MOUSSE.

Wash and hull 1 quart strawberries. Crush with fork. Add 1 cup fine granulated sugar. Let stand for one hour. Whip lightly one pint heavy cream, add 1 pinch of salt, and fold in the strawberry puree. Line dish with finger biscuits, and sprinkle with kirsch. Spoon in strawberries. Top with another layer of biscuits. Freeze for about 3 hours.

FLOWER BRAUER.

HONEYCOMB SPONGE. (Parava).

1 pkt. ROYAL jelly 2 cups boiling water (cooled
2 eggs for 5 minutes).

Separate egg yolks from whites. Mix egg yolks well into jelly crystals. Add the water and allow to cool. Whip up whites of eggs firmly and fold into jelly mixture. Chill. Decorate as desired.

MRS. A. SOLOMON.

ICED AVOCADO.

2 or 3 avocado pears
2 eggs separated
1 tablespoon sherry
Lemon juice

2 or 3 dessertspoons castor
sugar
A sprinkling of grated
chocolate or nuts.

Scoop out and mash the avocado pears well. Mix with the sugar and sherry. Add the lemon juice and a pinch of salt. Lastly add the well-beaten egg yolks and fold in stiffly beaten egg whites. Put into serving glasses and chill thoroughly. Sprinkle top with chocolate and/or nuts.

ANON.

BIRNEN IN CARAMEL SAUCE. (Pears in Caramel Cream).

Make sugar syrup, and cook in it peeled and halved pears. Take away $\frac{3}{4}$ pint liquid, brown 3 ozs. sugar. As soon as it gets foamy, pour on the pear juice, let come to the boil and cool down. Dilute 1 level tablespoon of Maizena with 3 tablespoons of water, pour carefully into sugar mixture, boil once more and let cool. Whip $\frac{1}{4}$ - $\frac{1}{2}$ pint of cream and fold in caramel mixture (cream could be substituted by Ideal milk). Pour caramel cream over pears, put in refrigerator and serve very cold.

CONSULATE OF SWITZERLAND.

CHOCOLATE ROLL DESSERT.

4 eggs	2 ozs. cocoa
2 ozs. icing sugar	1 teaspoon vanilla essence
2 dessertspoons cold water	Pinch of salt
$\frac{1}{4}$ teaspoon ROYAL baking powder	$\frac{1}{2}$ pint whipped cream

Separate the yolks from the whites of the eggs. To yolks add the cold water and beat until they are very thick and creamy. Add pinch salt to whites and beat until very stiff. Sift cocoa, icing sugar and baking powder into egg yolks, add vanilla essence and mix well. Finally fold in the stiffly beaten egg whites, to the mixture. Line flat pan with paper and grease well. Bake until firm to touch, in a hot oven. Must not be hard, let cool and take out of pan. Whip cream and spread on. Roll up and chill for 6 - 8 hours. Serve with hot chocolate sauce or custard.

MYRA ORMAN.

GRAPE PUDDING.

Take 3 cups of strained and pressed out grapes (no skins and pips) and put in pot on stove. Pot must have lid on. When grape mixture has become soft, take out and strain off 3 cups juice, add 7 tablespoons sugar and boil about 6 minutes. Then take 3 heaped tablespoons of custard in a little water and mix into a paste. Take grape juice off stove and mix in custard mixture. Return to stove, stirring all the time, until mixture is thick. Put in fridge to set and serve with a thin custard.

BERTHA SCHLOMOW.

PEACH MELBA.

Meringues
Canned peaches
Sliced jam roll
Cream

Sherry, cherries
Angelica and chocolate
vermicelli.

Decoration: Put slice jam roll in dish, soak in juice of canned peaches, put on blob of cream, and put meringue on top of this. Decorate meringue with cream roses, cherries, etc. After cream has been beaten add sherry and castor sugar to cream.

PINEAPPLE SPONGE.

$\frac{1}{4}$ pint pineapple syrup	2 egg whites
$\frac{1}{4}$ pint water or syrup (if enough is available)	$\frac{1}{2}$ small tin chopped pineapple 1 tablespoon lemon juice
1 level tablespoon gelatine	12 cherries
Sufficient sugar to sweeten	12 nuts.

Put $\frac{1}{4}$ pint pineapple syrup in mixing bowl. Put $\frac{1}{4}$ pint syrup and water in saucepan and warm. To this add 1 level tablespoon gelatine. Dissolve over low fire. It is important to see that gelatine is completely dissolved, but avoid boiling. Add this mixture to $\frac{1}{4}$ pint syrup in mixing bowl. To this add sufficient lemon juice to taste (about 1 tablespoon). Taste to see if sugar is required, then add sugar. Chop up finely the cherries, nuts and pineapple. (The pineapple must be canned or cooked). When the above mixture is beginning to set, add this to the well beaten egg whites. Beat well, and then add chopped cherries, nuts and pineapple, and beat again. *For setting:* Before preparing pudding, take a mould and put iced water in it, so pudding turns out easier. Pour out water, and pour in pudding. Put in fridge to set. When ready, turn out and decorate with whipped cream and cherries.

LILY LICHTENSTEIN.

GUAVA ICE CREAM.

6 - 8 ripe guavas	1 tin unsweetened condensed
1 tin sweetened condensed	milk
milk	1 tin water.

Peel and halve guavas, scoop out pips and put halves through mincer. Mix together the condensed milk, water and guava pulp. Beat well and place in freezer. When mixture is about half frozen, take out of freezer and beat till frothy. Replace in fridge until frozen.

MRS. HAIDEE SANDLER.

DELICIOUS ICE CREAM.

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|-------------------------------|------------------------|
| 2 egg yolks | 1 cup sugar |
| 1 dessertspoon custard powder | 1 pint milk |
| $\frac{1}{4}$ teaspoon salt | 1 large tin Ideal milk |
| | 2 egg whites. |

Make custard of well-beaten egg yolks, sugar, custard powder and milk and salt, by boiling up together, and stirring while doing so. Cool this. Now add to this custard, one tin Ideal milk. Beat very well, and add any flavouring desired. Set this in fridge. When set, whip it up together with the stiffly beaten egg whites. Freeze. If chocolate ice-cream is required, add 2 dessertspoons cocoa and a little extra sugar while making the custard.

PAULINE MALAN.

VANILLA ICE CREAM.

- | | |
|------------------------------|-----------------------------|
| 1 cup sweet cream | 2 egg whites |
| 4 tablespoons condensed milk | 2 teaspoons vanilla essence |

Whip cream slightly—stir in condensed milk and vanilla and stiffly beaten egg whites. Whip all through well. Freeze.

ANNE STEIN.

Chateau Brandy

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DESSERTS — HOT PUDDINGS.

KAISERSCHMARREN (Scrambled Pancakes).

2 tablespoons butter	4 eggs
2 cups PERFECTION flour	Pinch of salt
2 tablespoons sugar	2 tablespoons butter.
1 cup milk or cream	

Cream two spoons of butter until frothy, then add one after the other, sugar, egg yolks, salt, flour and milk. Beat whites of the four eggs until stiff and carefully fold in. Melt the other butter in the pan and in it fry the batter, golden brown on each side. Take two forks and chop up the resulting pancake. At this time, more butter can be added. Serve on hot platter. This may be served with tinned strawberries, peaches, etc.

ANON.

FLAPJACKS.

Beat together 2 eggs, 2 tablespoons sugar, and 1 tablespoon melted butter. Add 1 cup milk and 1 tablespoon golden syrup. Sift together and add 2 cups PERFECTION flour, pinch of salt and 3 teaspoons ROYAL baking powder. Fry on thick bottomed well-greased pan, dropping by tablespoonsful.

MIRIAM BLOOM.

GOLDEN DUMPLINGS.

2 cups PERFECTION Self	1 well-beaten egg
Raising flour	1 dessertspoon butter.
Pinch of salt	

Mix above ingredients into light scone mixture, adding enough milk or water to make a soft dough. Now bring to boiling point: 1 cup sugar, 1 cup water, and 1 tablespoon butter. Break off small pieces of dough and drop into the syrup. Put lid on saucepan, and simmer slowly for 15 minutes. Serve with warmed golden syrup and custard.

WYN ORD.

STEAMED APRICOT SPONGE PUDDING.

2 cups PERFECTION flour	Pinch salt
2 teaspoons ROYAL baking	$\frac{1}{2}$ cup sugar
powder	$\frac{3}{4}$ cup milk.

Mix all ingredients. Rub pudding basin with a little butter, and put in $\frac{1}{2}$ cup apricot jam, and then throw in pudding mixture. Cover it with greaseproof paper. Fasten with a bit of string, and put in a pot of boiling water, and boil for 2 hours. When serving turn over onto flat dish. Delicious served with custard.

RIVA HOFFMAN.

CREPES WITH PEACHES.

Make a batter with 4 heaped tablespoons PERFECTION flour, 1 egg yolk, 1 tablespoon EPIC oil, 4 tablespoons milk and a pinch of salt. Beat till smooth and add more milk till it is the consistency of a thin cream. Put in fridge for at least an hour, and before making the crepes, thin it again. Heat a small pan, butter it well, and pour in enough batter to just cover the bottom. The crepes must be very thin. When light brown on one side, turn and cook for a short while on second side. Roll the crepes and place in a fireproof dish. Drain a large tin of sliced canned peaches, and place slices round the crepes. Pour the juice into a small pot, add the juice of two oranges, and the grated rind of half an orange. Add 1 oz. butter and lastly 2 tablespoons of Van der Hum, Cointreau or Grand Marnier. Shortly before serving time, bring the mixture to the boil and pour it over the crepes which have been warmed in a 300 degrees oven for a few minutes. If preferred, warm liqueur can be poured over the crepes and flamed at the table, instead of putting it into the peach sauce.

ANON.

LEMON DELIGHT.

2 tablespoons PERFECT-	$\frac{3}{4}$ breakfast cup sugar
ION flour	2 eggs
2 tablespoons butter	Juice of $\frac{1}{2}$ lemon and rind.
1 teacup milk	

Cream butter and sugar. Sift in flour, add lemon juice and mix well, add beaten egg yolks. Pour on milk. Lastly fold in egg whites. (Stand in basin of cold water). Bake for 1 hour 375 deg.

BROWN GINGER PUDDING.

$1\frac{1}{2}$ cups PERFECTION	4 oz. butter
flour	1 egg
1 cup sugar	1 cup milk
1 teaspoon ginger (ground)	1 tablespoon jam
1 teaspoon bicarb. (mixed	Pinch of salt.
in milk)	

Mix all dry ingredients. Rub in butter. Add the cup of milk with beaten egg. Then add the bicarb. This makes a soft batter. Sprinkle $\frac{1}{2}$ cup sugar on bottom of greased pan—pour in the batter. Bake at 350 deg. for 1 hour.

RAY FORMAN.

SWEET POTATOES AND PRUNES.

1 lb. sweet potatoes. $\frac{1}{2}$ lb. prunes (cleaned well).

Clean potatoes and slice. In pyrex dish, melt a little chicken fat and put a layer of sweet potatoes and a layer of prunes. Pour $\frac{1}{2}$ cup syrup over all this. Sprinkle little cinnamon and salt to taste over. Add water but not to cover. Bake in oven until golden brown.

MRS. HAIDEE SANDLER.

DREAM PIE.

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|----------------------------|---------------------------|
| 3 egg whites | 1½ cups chopped dates |
| ¼ cup of sugar | 1 tablespoon lemon juice. |
| 1 teaspoon vanilla essence | |

Beat egg whites till stiff. Gradually add sugar, add dates, lemon juice and essence and put in a baked pie crust. Bake for 10 minutes. Remove from oven and cover with the following: ½ lb. marshmallows, ½ cup sugar, 2 egg whites, salt, ½ teaspoon vanilla essence, 1 tablespoon milk. Put marshmallows and milk in double boiler and stir till marshmallows are melted. Add stiffly beaten whites of eggs to which sugar, salt and essence have been added. Put in oven again and bake till light brown.

SYLVIA DAVIDOWITZ.

HOT PEAR PUDDING.

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|-----------------------|----------------------|
| ½ pkt. Marie biscuits | 1½ tablespoons syrup |
| ¼ lb. butter, melted | Tin of canned pears. |

Crush Marie biscuits, add melted butter and syrup and enough pear juice to bind the mixture. Line buttered pyrex dish with mixture. Over this, put a layer of cut pears, then a layer of mixture, and so on, with mixture on top. Bake in moderate oven until lightly browned.

SONIA YASVOIN.

RICE PUDDING.

Boil 1 cup rice well either in oven or over low heat on stove. Cool it. Add 1 egg or 2, salt, little sugar, cinnamon and ¼ lb. sultanas, a few spoons of PERFECTION self raising flour. For milk pudding use 1 oz. butter or for meat use 1 heaped tablespoon chicken fat. Melt butter in dish to be used and mix rice mixture well. Bake in oven till brown.

MRS. HAIDEE SANDLER.

BOILED PUDDING.

- | | |
|---------------------|-------------------------|
| 2 eggs | 2 tablespoons butter |
| 1 tablespoon sugar | 4 tablespoons PERFECT- |
| 1 tablespoon milk | ION Self Raising flour. |
| 2 tablespoons syrup | |

Mix all ingredients, with flour last. Put mixture in a buttered enamel pudding basin. Cover with butter paper. Stand in a pot of hot water. Steam 1 hour. Serve with custard or fruit juice.

MRS. L. BLOCH.

BREAD PUDDING.

- | | |
|--------------------------|--------------|
| 1 cup coarse breadcrumbs | 1 pint milk |
| 3 eggs | 1 cup sugar. |
| 1 tablespoon butter | |

The breadcrumbs can be dried in oven. Cream butter and sugar together, add eggs, then milk and flavouring. Then add bread crumbs on top. Beat well. Bake for 1 hour in 350 deg. oven.

RAISIN RICE PUDDING.

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ cup sugar
2 cups milk	2 dessertspoons rum
$\frac{1}{2}$ cup seeded raisins	2 eggs
1 teaspoon lemon juice	Grated rind of 1 lemon
2 dessertspoons butter	A little grated nutmeg.

Mix juice, rind, rum with raisins and leave for about 2 hours. Wash rice and cook with the milk and salt. When rice is tender, stir in the butter. Beat egg yolks slightly and add to rice. Then add sugar and nutmeg. Add raisin mixture and leave to cool. Whisk egg whites till stiff and fold in. Bake in moderate oven for about 30 minutes.

HELLA BOROCHOWITZ.

PEAR PUDDING.

2 oz. butter	$\frac{3}{4}$ pint milk
1 large or 2 small eggs	2 oz. cornflour
2 oz. sugar	1 small tin pears.

Melt butter, mix with $1\frac{1}{2}$ oz. sugar, egg yolk and syrup of fruit. Mix cornflour with a little milk, add rest of milk, then mix all together and boil until thickened, stirring to prevent lumps. Arrange pears in a dish, pour mixture over them. Whip egg white with $\frac{1}{2}$ oz. sugar, put over the mixture and slightly brown in the oven.

MYRA ORMAN.

HOT APPLE PUDDING.

4 apples	Butter
Orange juice— $\frac{1}{2}$ to 1 cup	Chopped walnuts
Post toasties	Sugar.

Peel and core apples. Butter an ovenware dish. Slice apples and put 1 layer in dish. Sprinkle with sugar, post toasties and walnuts. Put another layer of sliced apples over and sprinkle as before. Continue in this way till all apples are used. Then pour over orange juice and dab with butter. Bake in oven 375 deg. approximately $\frac{1}{2}$ hour. Serve immediately.

IDA RABINOWITZ.

CREPES SUZETTE.

$\frac{1}{2}$ lb. PERFECTION flour	1 pint milk
4 eggs	Butter
1 oz. sugar	Pinch salt.

Beat up eggs with salt and sugar, add alternately flour and milk. Beat well, pour enough of this batter in buttered hot pan, to cover the bottom. Boil slowly, till underside is light brown. Turn, and bake on other side. Roll up, and remove from pan. Now pour over sauce made as follows: Melt 4 ozs. butter and work in 4 ozs. sugar. Add Curacao and Van der Hum to taste. Pour over pancakes and set alight.

BLANCHE MILLER.

OVERNIGHT PUDDING.

2 cups PERFECTION flour	2 level teaspoons bicarb. of soda
1 cup stoned raisins or mixed fruit	$\frac{3}{4}$ cup warm water
$\frac{3}{4}$ cup sugar	3 tablespoons butter or vegetable fat.
$\frac{3}{4}$ cup cold water	

Mix all dry ingredients with shortening, melted in the warm water; the soda in the cold water. Leave mixture in basin overnight. Next day pour into greased steamer and steam for $2\frac{1}{2}$ to 3 hours. Serve with wine sauce or custard. *Wine Sauce:* Boil up a little water with sugar and a few sticks cinnamon. When sugar is dissolved, add red wine. Thicken slightly with little maizena.

MILK, BREAD AND BUTTER PUDDING.

3 slices white bread soaked in water and totally squeezed dry. Add 2 beaten eggs, 1 dessertspoon melted butter, $1\frac{1}{2}$ cups milk, 1 tablespoon sugar, 1 teaspoon ROYAL baking powder, 1 teaspoon vanilla essence, 2 tablespoons apricot jam. Mix all together and bake. Serve with apricot sauce.

Apricot Sauce: Dissolve jam in boiling water with a squeeze of lemon.

MRS. SOPHIE SILBERT.

LEMON SAUCE. (For Puddings).

1 cup water	$\frac{1}{2}$ cup sugar
Grated rind and juice of a lemon	1 teaspoon butter
	1 dessertspoon cornflour.

Bring the water, sugar and grated rind of the lemon to the boil. Mix the cornflour to a smooth paste with a little water. Pour the hot water and sugar into it and stir well. Return to the saucepan and cook for about 10 minutes. Remove from stove, add lemon juice and butter.

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BREAD, SCONES AND BUNS.

DELICIOUS BREAD ROLLS.

3 lb. PERFECTION flour	3 cakes yeast
3 eggs	2 teaspoons salt
1 cup EPIC oil	1 cup warm water.

Dissolve yeast in warm water. Knead all ingredients well together, including the yeast. Let stand overnight. Knead again next morning. Roll out and make into twisted roll shapes. Paint with beaten egg, and bake in 375 deg. oven till golden brown.

EGG BREAD.

5 lbs. PERFECTION flour	4 eggs
1 cake yeast	$\frac{1}{4}$ lb. softened butter
1 dessertspoon salt, or less to taste	$\frac{1}{4}$ cup lukewarm water
	About 2 pints milk.

Dissolve yeast in warm water. Knead all ingredients together, including yeast. Let stand overnight to rise. Knead again next morning. Grease loaf pans and put in dough. Let stand once more, until dough rises to level of loaf pan. Bake in moderate oven till golden brown.

ANETTA PETERSEN.

SOET SEERDEEG. (Brown Bread).

5 lbs. PERFECTION flour	1 potato sliced (raw)
2 lbs. boer meal	$2\frac{1}{2}$ teaspoons sugar
1 pint boiling water, cooled	2 teaspoons salt.

Put sliced potato into cooled water. Take 4-5 handfuls of flour and sprinkle gently on top of water. Now make small hole in this mixture, and let stand overnight. Cover it very well, placing in a warm spot. Next morning, remove the potato. Now throw all the other ingredients in together. Knead well. When properly kneaded and risen, the hands should come out quite clean from this mixture. Grease 2 loaf pans with oil. Put dough in loaf pans, half full. Cover well once more, and keep away from draughts. When dough is almost level with top, bake in a moderate oven till golden brown, for about one hour. Remove from oven, and smear tops of bread with butter.

MIMI MEYER.

HOMEMADE BROWN BREAD.

5 lbs. PERFECTION flour	2 cakes yeast
($\frac{1}{2}$ seconds, $\frac{1}{2}$ boermeal if sifted)	2 tablespoons EPIC oil
	1 teaspoon sugar.

Let stand for $\frac{1}{2}$ hour. Then knead very well. Most important add lukewarm water to dough. Turn onto board. This makes 4 breads. Shape into loaves, place in greased pans and let rise, then bake.

LIZZIE WELLINGTON.

MILCHEKE.

$\frac{1}{2}$ lb. butter
2 teaspoons salt
3 eggs
1 cup sugar
2 cakes yeast

1 tin unsweetened Ideal milk
2 tablespoons fish oil
(EPIC)
 $1\frac{1}{2}$ cups milk.

Flour, as much as it takes up; dough must not be stiff, between 9 - 10 cups PERFECTION flour is roughly needed.

Rub yeast with a little sugar until soft. Add a little lukewarm water, make well in the meal and throw in the yeast, mixing a little through with the meal. Then melt the butter and milk on a low heat—when the butter is melted, add the Ideal milk. Beat the eggs up well with the fish-oil and add to the rest and knead it all up well together. The milk must be just luke warm. Let the dough rise overnight. In the morning, take about 1 oz. butter, melt it and knead it over, and let it rise again. Keep it warm. When risen again, make dough into buns or large cakes. Let it rise again; brush over with eggs and spread cinnamon and sugar over and bake at 375 deg. until a nice light brown.

MRS. R. MEASROCH.

CINNAMON BUNS.

2 cups PERFECTION flour
2 teaspoons ROYAL baking powder
3 tablespoons sugar
 $\frac{1}{4}$ lb. butter
1 egg with little cream.

Sift dry ingredients and rub in butter. Beat egg and cream or milk. Make soft dough. Roll. Spread with melted butter, cinnamon and sugar. Roll up and cut. Bake in patty pans at 450 deg. for 10-15 minutes.

ETHEL BRAUDE.

SCONES.

2 cups PERFECTION flour
4 teaspoons ROYAL baking powder
Pinch of salt
1 tablespoon sugar
2 oz. butter
 $\frac{1}{2}$ cup milk mixed with water.

Mix flour, baking powder and butter finely like breadcrumbs. Add liquid. Bake in oven at 400 deg.

MRS. MOUILE ROUP.

DE LUXE SCONES.

2 cups PERFECTION flour
 $\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ cup thick cream
2 teaspoons ROYAL baking powder.

Mix all above ingredients well together, and add one egg beaten into 1 cup milk. Roll out and cut into rounds. Bake in 400 deg. oven for 15 minutes.

FREIDA JOFFE.

MILK BABKE.

3 cups PERFECTION flour	1 cake yeast
2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ lb. sultanas if liked.
$\frac{1}{4}$ lb. butter	

Sift flour, dissolve yeast in 1 cup milk. Allow to stand for 10 minutes to rise. Pour this into the flour, melt butter in 1 cup milk, beat eggs well, add sugar, butter and milk. Pour into flour. Beat with wooden spoon till bubbles come up. Grease a fairly large tin or pyrex dish (square or round) and pour in the mixture. Let it rise in the dish until the dish is full but not overflowing. Brush top with egg. Bake in moderate oven.

MRS. BRYNA ROTHALZ.

MILK BUNS.

4 lbs. PERFECTION flour	$\frac{1}{2}$ cup sugar
1 lb. butter	2 pkts. yeast
4 eggs	Pinch salt.

About 3 cups milk and water

Cream butter very well. Add flour, eggs, milk and water. Lastly add yeast. Place in warm place for about 4 hours, to rise. Knead into shapes, and bake in a moderate oven.

MRS. F. VARKUL.

MILK BUNS.

8 cups flour (2 lbs.)	1 cup lukewarm water
2 cakes yeast	1 teaspoon salt
$\frac{3}{4}$ lb. butter	3 beaten eggs
$1\frac{1}{4}$ cups sugar	1 cup milk.

Mix yeast with 1 cup lukewarm water. Allow to rise. Make a well in the flour, mix in the yeast with a little flour in the well, beat it up with a fork. Allow to rise. When risen, add all other ingredients, of which butter and milk were first melted together, and cooled. Beat well until mixture is smooth, with a spoon. Allow to rise. Knead over. Allow to rise again. When risen make into buns or loaf, and stuff with cinnamon, sugar and fruit. Bake in 400 deg. oven.

SUSAN BACK.

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CAKES, PASTRIES, TARTS AND TEIGLACH.

CHOCOLATE VERMICELLI CAKE.

$\frac{1}{4}$ lb. butter	3 teaspoons ROYAL baking powder
1 cup sugar	$2\frac{1}{2}$ -3 cups PERFECTION flour
1 teaspoon vanilla essence	Little grated orange rind
3 eggs	1 cup milk.
2 tablespoons chocolate vermicelli	

Cream butter and sugar well, and add eggs. Mix well. Then add vermicelli and essence, also orange rind. Now add flour and milk, and lastly baking powder. The consistency of this dough should be fairly soft. Bake in grease lined tin at 350 deg. for about 40 minutes.

SYBIL BEHRMAN, Johannesburg.

ORANGE CHOCOLATE CAKE.

$2\frac{1}{2}$ cups PERFECTION flour	3 teaspoons ROYAL baking powder
$1\frac{1}{4}$ cups sugar	2 tablespoons cocoa
6 ozs. butter	2 tablespoons orange juice
2 eggs, separated	Grated rind of 1 orange
About $\frac{1}{2}$ cup milk	Pinch of salt.

Cream butter and sugar. Add the egg yolks and orange rind, beat well. Sift together the dry ingredients and add to creamed mixture alternately with milk and orange juice. Fold in stiffly beaten egg whites. To one half add cocoa dissolved in 2 tablespoons hot water and cooled. Turn into greased layer cake tins, and bake in moderate oven (375 deg.) for 25 minutes. For the filling use 2 cups icing sugar, 3 tablespoons melted butter, 2 tablespoons orange juice and the grated rind of 1 orange. Mix thoroughly. If necessary add more icing sugar.

JEAN HELLIG.

CHOCOLATE HOT MILK SPONGE.

$1\frac{1}{2}$ cups PERFECTION flour	3 eggs
3 tablespoons cocoa	$1\frac{1}{2}$ cups sugar
3 teaspoons ROYAL baking powder	3 ozs. butter
	$\frac{3}{4}$ cup milk.

Sift flour, cocoa and baking powder. Beat eggs and sugar well. Boil milk and butter. Add dry ingredients to eggs, and lastly add milk and butter. Mix well. Bake in a moderate oven

MIRIAM BIRKAN.

MOCHA CAKE.

3 eggs	1 large cup PERFECTION
2 ozs. butter	flour
$\frac{3}{4}$ cup sugar	3 tablespoons Nescafe
2 teaspoons ROYAL baking	Flavouring
powder	8 tablespoons milk.

Beat eggs and sugar until thick and creamy. Add sifted flour and Nescafe. Bring butter and milk to the boil and add to the mixture. Lastly add baking powder and flavouring. Bake in 400 deg. oven for 15 minutes in 2 sandwich tins or 25 minutes in one large cake tin. When cool, ice as follows. *Icing*: 4 tablespoons butter, $1\frac{1}{2}$ cups icing sugar, 1 - 2 tablespoons coffee essence. Cream butter, adding the sugar gradually and beating until very light and fluffy. Add the coffee essence.

BAILA LANESMAN, Pretoria.

BOILED SANDWICH.

2 eggs	1 cup flour
2 ozs. butter	2 heaped teaspoons ROYAL
1 cup sugar	Baking powder.
$\frac{1}{2}$ cup milk	

Whisk eggs, add sugar gradually, stir in flour. Have ready in pot 2 ozs. butter and milk, bring to boil. Add baking powder and then boiled milk and butter. Oven 350 deg. for 20 minutes.

MRS. HESSE.

SPONGE SANDWICH.

1 cup PERFECTION flour	2 teaspoons ROYAL baking
1 cup sugar	powder
3 eggs	2 tablespoons warm milk.

Beat eggs and sugar well. Add flour slowly. Add baking powder to warm milk and stir into egg mixture very slowly. Bake in moderate oven at 375 deg. This mixture is excellent for cup cakes, Swiss roll and sandwich cakes.

WYN OHRT.

BUTTER CAKE.

$\frac{1}{4}$ lb. butter	$1\frac{1}{4}$ cups PERFECTION
2 eggs	flour
3 teaspoons ROYAL baking	$\frac{1}{2}$ cup milk
powder	Pinch salt
1 level cup sugar	$\frac{1}{2}$ teaspoon vanilla essence.

Cream butter and sugar. Add eggs one at a time and beat well. Sift flour and baking powder together, then add flour and milk alternately. Add vanilla. This is a fairly loose mixture. Bake for 30 minutes in 400 deg. oven.

IRENE WESTERMAN.

LEMON CHIFFON CAKE.

- | | |
|----------------------------------|-----------------------------|
| 2½ cups PERFECTION flour | ½ cup EPIC oil |
| 1½ cups sugar | 6 eggs separated |
| 1 tablespoon ROYAL baking powder | ¾ cup cold water |
| 1 teaspoon salt | 2 teaspoons lemon juice |
| | 2 teaspoons lemon rind |
| | ½ teaspoon cream of tartar. |

Put all ingredients into a basin in order given *except* the egg whites and cream of tartar. Beat till smooth. Now beat whites till very stiff, together with cream of tartar. Fold in egg whites to yolk mixture. Pour into ungreased baking pan, and bake 70 minutes in 325 deg. oven. Remove from oven and turn upside down for 1 hour. Loosen sides and remove cake from pan. An icing for this cake is made as follows: *Icing*: 2 ozs. butter, 2 cups icing sugar, 2 - 3 tablespoons lemon juice, dash of salt. Cream butter and icing sugar well, add lemon juice and salt.

MIMI MEYER.

ALIDA'S BUTTER CAKE.

- | | |
|----------------------------|---------------------------------|
| 2½ cups PERFECTION flour | 4 teaspoons ROYAL baking powder |
| 1 teaspoon vanilla essence | 1½ cups cold water |
| 1¾ cups sugar | 3 eggs. |
| ¼ lb. butter | |

Cream butter and sugar, add well beaten eggs and beat well, then the vanilla essence, flour and water and lastly the baking powder. Bake in 300 deg. oven for 1 hour. When cold, cut in half and spread with jam. Cover the cake with butter icing.

ALIDA VAN WYK.

GINGER CAKE.

- | | |
|------------------------|-----------------------------------|
| 1 cup sugar | 2 teaspoons ginger |
| 3 eggs | 3½ cups PERFECTION flour |
| 1 cup syrup | |
| ½ cup water | 1 teaspoon bicarbonate soda |
| ½ cup EPIC oil | dissolved in ½ cup boiling water. |
| 1 teaspoon mixed spice | |

Beat all above ingredients together very well, excepting the bicarb. soda. After beating thoroughly, add soda, stirring well. Pour into deep tin greased with oil, and sprinkle with flour. Bake in moderate oven for one hour.

MIRIAM BIRKAN.

REEBA'S SPONGE CAKE.

- | | |
|------------------------|--------------------------|
| 12 ozs. eggs (about 6) | 6 ozs. PERFECTION flour. |
| 12 ozs. sugar | |

Separate yolks and whites. Beat yolks and sugar until very light. Add stiffly beaten egg whites, and fold in flour gradually. Bake in 325 deg. oven in ungreased funnel tin for one hour. Then switch off oven, but keep cake in for an extra quarter of an hour.

REEBA KRAWITZ.

THREE MINUTE CAKE.

5 tablespoons soft butter	$\frac{1}{2}$ cup milk
1 cup sugar	3 teaspoons ROYAL baking powder
2 eggs	
$1\frac{1}{4}$ cups PERFECTION flour	$\frac{1}{2}$ teaspoon nutmeg
	$\frac{1}{2}$ teaspoon cinnamon.

Stir all ingredients well together for three minutes. Then put into greased pan, and bake for 45 minutes in moderate oven.

MRS. J. D. ROUSSEAU.

BERTHA'S SPONGE CAKE.

6 eggs	$\frac{1}{2}$ cup warm water
2 cups sugar	2 dessertspoons maizena
2 cups PERFECTION flour	$\frac{1}{2}$ teaspoon lemon essence
2 teaspoons ROYAL baking powder	$\frac{1}{2}$ teaspoon almond essence.

Beat egg yolks and sugar. Add warm water and beat until creamy. Mix in flour, baking powder and maizena which has been sifted six times. Add essence and lastly fold in well-beaten egg whites. Bake for 1 hour at 350 deg. (Makes 1 big cake).

BERTHA SCHLOMOW.

SPONGE CAKE. (1).

1 lb. eggs weighed with shells	$\frac{1}{2}$ lb. PERFECTION flour
1 lb. castor sugar	Juice of a lemon.

Rub yolks and sugar well together to a cream. Add the lemon juice to the yolks and rub again. Then whip up the whites to a very stiff froth and fold it through the yolks and sugar well. Sift the flour 3 times and add to the mixture and bake in a large tin for 1 hour at 350 deg.

SPONGE CAKE. (2).

6 eggs	3 cups sugar
1 cup boiled water	3 cups PERFECTION flour
1 teaspoon ROYAL baking powder	Juice of 1 lemon.

Rub sugar and yolks well, adding hot water drop by drop, then the juice of the lemon. Whip the whites up very stiffly; fold it through with the yolks and sugar and lastly the cake flour (sifted 3 times), the 3rd time, add the baking powder and pinch of salt. Bake at 350 deg. for 1 hour, also using a large round tin.

MRS. R. MEASROCH.

HOT WATER CAKE.

1½ cups PERFECTION
flour

1½ cups sugar

$\frac{3}{4}$ cup water

3 ozs. butter

3 teaspoons ROYAL baking
powder

$\frac{1}{4}$ teaspoon salt

3 eggs.

Cream eggs and sugar. Boil water and butter together. Sift dry ingredients, and add egg mixture to dry ingredients. Lastly add butter and water. Bake in a moderate oven.

MIRIAM BIRKAN.

CHIFFON CAKE.

First bowl: sift together:

1½ cups PERFECTION
flour

$\frac{3}{4}$ cup sugar

1½ teaspoons ROYAL bak-
ing powder

$\frac{1}{2}$ teaspoon salt.

Make a well in the centre of this flour mixture and add:—

$\frac{1}{4}$ cup EPIC oil

1 teaspoon vanilla essence

3 unbeaten egg yolks

3 ozs. cold water.

Rub this until smooth, with a wooden spoon.

Second bowl:— beat until very dry:

3 egg whites

$\frac{1}{4}$ teaspoon cream of tartar.

Pour mixture in *first bowl* over the egg whites in *second bowl* and fold in. Bake in *ungreased* pan with a hole in the centre for about 35 minutes, in 350 deg. oven. Cool by hanging tin upside down on a bottle.

Frosting:

Mix well in a saucepan:—

For large cake:

1 cup sugar

$\frac{1}{2}$ cup water

$\frac{1}{8}$ teaspoon cream of tartar

For small cake:

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup water

$\frac{1}{2}$ teaspoon cream of tartar

Boil slowly without stirring until syrup spins a 6 ins. to 8 ins. thread (242 deg.). Keep saucepan covered for first 3 minutes to prevent sugar crystals from forming on sides of pan. While syrup is cooking, beat until stiff enough to hold a point:—2 egg whites.

Pour hot syrup very slowly in a thin stream into beaten egg whites, beating constantly. Add 1½ teaspoon vanilla essence. Beat until frosting holds its shape, then spread on cake.

MIRIAM BLOOM.

MADEIRA CAKE.

6 ozs. butter	Pinch salt
1 cup granulated sugar	3 teaspoons ROYAL baking powder
3 eggs	$\frac{2}{3}$ cup milk.
Rind of lemon	
2 cups PERFECTION flour	

Cream butter and sugar well. Add eggs one at a time, beating well after each. Add rind of lemon and 1 teaspoon flour. Fold in flour, salt and baking powder. Add alternatively with milk. Using ring pan with loose bottom, fill half-way with cake mixture, then grate plain chocolate onto the batter, and add rest of mixture. Bake in a 350 deg. oven till done.

JOYCE LANGE, Worcester.

NOVEL FRUIT CAKE.

3 cups mixed fruit (dates, raisins, sultanas, mixed peel, etc.)	1 teaspoon bicarb. of soda
$1\frac{1}{2}$ cups water	Pinch salt
1 cup sugar	2 cups PERFECTION flour
$\frac{1}{4}$ lb. butter	1 teaspoon ROYAL baking powder.

Boil all above ingredients, except flour and baking powder, for 20 minutes. Allow to cool. Now add flour, baking powder and also one beaten egg into the cooled mixture. Pour into cake tin and bake in 350 deg. oven for 1 hour or more.

BANANA LOAF.

4-5 bananas	$\frac{3}{4}$ cup milk
$1\frac{1}{2}$ cups sugar	2 eggs
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon bicarb. of soda
2 cups PERFECTION flour	Vanilla essence
1 teaspoon ROYAL baking powder	Pinch salt.

Cream butter and sugar. Break eggs into creamed mixture. Beat well. Sieve together flour and salt, baking powder and soda. Add alternatively with milk. Mash bananas and add to mixture. Beat well. Pour into well greased and papered baking pan (bread loaf pan). Bake 1 hour in 350 deg. to 375 deg. oven. Leave 24 hours before cutting.

BELLA SISCHY.

BOSTON BREAD.

3 cups PERFECTION boer meal	3 tablespoons golden syrup
1 cup PERFECTION flour	2 cups mixed fruit (dates, orange peel, currants, sultanas)
1 cup sugar	2 cups of milk.
2 heaped teaspoons bicarb. of soda	

Mix all above ingredients together very well. Grease 3 one pound cocoa tins, and half fill each with mixture. Place tins in large pot half filled with water. Boil for $2\frac{1}{2}$ hours.

HELEN LISON.

DATE LOAF. (1).

- | | |
|--------------------------|---------------------------------|
| 1 lb. dates | 2 teaspoons ROYAL baking powder |
| 2 teaspoons bicarb. soda | 3 eggs |
| 2 cups boiling water | 2 teaspoons vanilla essence |
| $\frac{1}{2}$ lb. butter | 3 cups PERFECTION flour |
| 1 cup sugar | |

Cut up dates, add bicarbonate of soda and boiling water. Allow to cool. Rub butter and sugar well. Add the beaten eggs, vanilla and date mixture to this. Then add the sifted flour and baking powder and mix well. Pour in date mixture. Put into 2 bread tins and bake in 375 deg. oven for one hour.

PHYLLIS BACK.

DATE LOAF. (2).

- | | |
|--|--------------------------------|
| 1 cup stoned dates | 1 cup sugar |
| 1 teaspoon bicarb. soda dissolved in $\frac{3}{4}$ cup boiling water (leave to cool) | 1 teaspoon ROYAL baking powder |
| 1 tablespoon butter | 1 heaped tablespoon nuts |
| 2 eggs | 1 teaspoon vanilla |
| 1 $\frac{3}{4}$ large cups | 1 tablespoon ground ginger |
| PERFECTION flour | 1 tablespoon ground cinnamon. |

Cream sugar and butter. Pour soda and water mixture over dates, and allow to soak. Add well beaten eggs to sugar and butter. Add all dry ingredients and vanilla essence. Mix well. Add dates with bicarbonate of soda water to ingredients. Divide into two loaves and bake for 45 minutes in 350 deg. oven.

JUDY WITZ.

DATE LOAF. (3).

- | | |
|--------------------------|-------------------|
| 3 lbs. dates | 3 cups warm water |
| 3 cups sugar | 1 pkt. bicarb. |
| 6 eggs | Vanilla essence |
| $\frac{1}{2}$ lb. butter | Pinch salt. |
| 6 cups PERFECTION flour | |

Pour water on dates, add bicarb and allow to stand until pulp. Beat eggs, add sugar and melted butter. Stir in dates, add vanilla, flour and salt. Nuts and other fruit may be added. Bake in two loaf tins for 1 hour or more - 375 deg.

EVELYN SKOP.

ORANGE CAKE.

- | | |
|---|----------------------------------|
| 2 cups PERFECTION flour | water to make $\frac{3}{4}$ cup) |
| 1 cup sugar | 2 teaspoons ROYAL baking powder |
| Grated rind of 1 orange | $\frac{1}{4}$ lb. butter |
| Juice of 1 orange ($\frac{1}{2}$ cup juice, fill up cup with | 2 eggs. |

Cream butter and sugar, add 2 eggs, flour and orange mixture alternately. Lastly add baking powder. Can be baked in layer pans filled with any icing. Bake in hot oven 375 deg. for 30 - 35 minutes.

DATE CAKE.

- | | |
|--------------------------------------|---|
| $\frac{3}{4}$ lb. dates | $\frac{1}{2}$ cup butter |
| 1 teaspoon bicarb. of soda | 2 eggs |
| 1 cup warm water (cool and mash) | 1 cup walnuts, chopped |
| $1\frac{1}{2}$ cups PERFECTION flour | 2 teaspoons ROYAL baking powder |
| 1 cup sugar | $\frac{1}{2}$ teaspoon vanilla essence. |

Beat butter and sugar, add eggs. Then the first mixture then the rest of the ingredients. Bake in square tin in 350 deg. oven. When cool, cut into squares.

RAY FORMAN.

GINGER CAKE.

Mix together the dry ingredients:

- | | |
|-------------------------|----------------------------------|
| 3 cups PERFECTION flour | 1 teaspoon mixed spice |
| 1 cup sugar | 2 teaspoons ROYAL baking powder. |
| 2 teaspoons ginger | |

Melt $\frac{1}{4}$ lb. butter with $\frac{1}{2}$ cup syrup. Add to this, 1 cup milk. Then add the lot to 2 well beaten eggs. Then add the above dry ingredients and mix well together. Now dissolve 1 teaspoon bicarb. with 1 tablespoon hot water and mix into mixture. Bake 1 hour at 350 deg. Do not open oven door. 9 inch cake tin makes a big cake.

ROSE KATZ.

STEPHANIE'S MERINGUE CAKE.

- | | |
|-------------------|-----------------------------------|
| Meringues | Cherries |
| Walnuts | $\frac{1}{2}$ pint whipped cream. |
| Sponge layer cake | |

Meringues: 2 egg whites, 8 tablespoons castor sugar.

Beat whites until stiff, add castor sugar gradually, beating all the time. Line a pan with brown paper. Put a teaspoonful of the mixture on the paper. Bake 225 deg. for an hour and at 200 deg. for 2 hours.

Sponge Layer Cake.

- | | |
|--|-------------------------|
| 2 eggs | Pinch salt |
| $1\frac{1}{2}$ teaspoons ROYAL baking powder | 1 dessertspoon butter |
| 1 cup PERFECTION flour | $\frac{3}{4}$ cup sugar |
| | 3 tablespoons hot water |

Beat eggs well and add sugar. Beat until sugar is dissolved. Add sifted flour, baking powder and salt. Put water and butter on stove, till foam rises to the top. Add to mixture. Bake 350 deg. for about 25 minutes.

Spread whipped cream over the top and sides of sponge cake. Scatter chopped walnuts on cream. Arrange meringues on top. Put rest of whipped cream in icing tube. Decorate meringues with it. Scatter more chopped walnuts on cream. Decorate with cherries.

MARTIE MALHERBE,

KRANZ KUCHEN.

2 large cups PERFECTION flour	$\frac{1}{4}$ lb. butter 2 eggs
3 teaspoons ROYAL baking powder	$\frac{1}{2}$ cup milk.

Rub butter into flour and baking powder. Add beaten eggs (leaving a little for smearing) and milk. Add flour and knead into a firm dough. Roll out dough into a big circle, and smear thinly with apricot jam. Arrange fruit mixture in a long line and roll up dough. Form a circle and cut with kitchen scissors into the circle and twist the dough so that one can see the fruit. Smear top with egg. Bake on the back of a biscuit tin so that it is easy to slip off, for about 20 minutes in 400 deg. oven. When baked make icing of hot water and icing sugar, and spread on while hot. Trim with nuts and cherries.

Fruit Mixture: $\frac{1}{2}$ lb. dates, $\frac{1}{2}$ cup mixed peel, sultanas, currants. Cut up fruit into small pieces and sprinkle with orange juice (tinned or fresh) and mash up.

CHOCOLATE HOT MILK SPONGE. (Never fails).

$\frac{2}{3}$ cup milk	2 cups PERFECTION flour
$\frac{1}{4}$ lb. butter	3 teaspoons ROYAL baking powder
1 teaspoon vanilla essence	2 tablespoons cocoa.
3 eggs	
$1\frac{1}{2}$ cups castor sugar	

Beat eggs with sugar, mix in flour, baking powder and cocoa. Boil milk and butter. When boiling add vanilla. Add milk mixture *alternatively* with flour to egg mixture. Bake for exactly 30 minutes in 350 deg. oven in two 9 inch layer tins. To make plain hot milk sponge, simply omit cocoa.

LORNA NOVOS.

CHOCOLATE CAKE.

$\frac{1}{2}$ lb. butter	3 eggs
$1\frac{1}{2}$ cups PERFECTION flour	3 teaspoons ROYAL baking powder
1 cup sugar	Pinch of salt.

Chocolate Mixture:

3 dessertspoons cocoa	6 tablespoons milk.
3 tablespoons sugar	

Mix ingredients of chocolate mixture together to a smooth paste and bring to boiling point, then cool and add 1 teaspoon vanilla essence. Cream butter, and sugar, add yolks of eggs, well-beaten; continue to beat well, add chocolate mixture slowly and continue to beat. Add dry ingredients and lastly whites of eggs. Bake at 350 to 400 deg. for 30 mins.

MRS. MOULIE ROUP.

FRUIT AND ALMOND CAKE.

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ lb. sultanas
Grated rind of lemon.	$\frac{1}{2}$ lb. currants
$\frac{1}{2}$ lb. castor sugar	3 oz. mixed cut peel
4 eggs	2 ozs. ground almonds
11 ozs. PERFECTION flour	2 tablespoons milk
1 level teaspoon ROYAL baking powder	2 oz. split almonds (blanched)

Cream butter and sugar well. Add lemon rind. Add eggs one at a time, beating well after each egg. Sift the flour and baking powder and add to creamed mixture alternately with the fruit. Add ground almonds and milk and mix well. Turn into tin and cover top with almonds. Bake for $2\frac{1}{2}$ hours in oven 350 deg.

HELLA BOROCHOWITZ.

CREAMY PEACH RING.

2 cups PERFECTION flour ($\frac{1}{2}$ lb.)	2 tablespoons finely cut cry- stalised ginger or can- died peel.
$\frac{1}{4}$ teaspoon salt	1 teaspoon grated orange rind
$2\frac{1}{2}$ level teaspoons ROYAL baking powder	$\frac{1}{3}$ cup well drained sieved canned peaches
2 eggs	2 tablespoons milk
8 tablespoons butter (4 ozs.)	$\frac{1}{2}$ teaspoon vanilla essence
$\frac{7}{8}$ cup sugar (preferable castor)	$\frac{1}{4}$ teaspoon almond essence
$\frac{1}{4}$ cup finely cut glace cherries (2 ozs.)	$\frac{1}{4}$ cup chopped nuts.
Mixed peel and green if possible	

CREAMY PEACH ICING.

Cream 3 tablespoons butter, then work in about 2 cups sifted icing sugar alternately with about 3 tablespoons well-drained sieved canned peaches. Use just enough peaches to make a nice spreading icing. Add $\frac{1}{4}$ teaspoon almond flavouring.

Grease an 8" tube-pan and line the bottom with greased paper. Pre-heat oven to 325 deg. Sift flour, salt and baking powder together 3 times; then mix in the prepared cherries, nuts and ginger or candied peel. Cream butter and gradually blend in the sugar, beating well. Add eggs, one at a time, beating each thoroughly. Add orange rind. Combine the sieved peaches, milk and flavourings. Add dry mixture to the creamed mixture, a little at a time, alternately with the peach mixture. Mix lightly but thoroughly after each addition. Turn into prepared pan and bake in a slow oven 325 deg. for 65 to 70 minutes. When cold, cover the cake with creamy peach icing and decorate with pieces of cherry and nuts.

CELIA BACH.

CHIFFON CAKE.

3 eggs	$\frac{1}{4}$ cup and 2 tablespoons
1 teaspoon vanilla essence	water
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ teaspoon cream of tartar
1 cup PERFECTION flour	1 teaspoon orange rind
(4 oz.)	2 teaspoons ROYAL baking
$\frac{1}{4}$ cup EPIC oil	powder.
Pinch salt	

Separate yolks from whites. To yolks add sugar, oil, water, rind and essence. Mix well until smooth. Sift flour, baking powder and salt. Add to yolks. Beat whites and cream of tartar until very stiff. Fold yolk mixture into egg whites. Bake in tube pan for an hour in oven 325 deg. Switch off oven and let stand for 10 minutes. After taking out of oven, invert tin over neck of bottle and leave until cold.

IDA RABINOWITZ.

MRS. SILBERT'S MARBLE CAKE.

2 cups PERFECTION flour	$\frac{1}{2}$ cup butter ($\frac{1}{4}$ lb.)
2 $\frac{1}{2}$ teaspoons ROYAL bak-	2 eggs
ing powder	Grated rind of orange.
1 $\frac{1}{4}$ cups sugar	

Proceed making the cake as usual, then divide and add 2 dessertspoons cocoa, 1 teaspoon vanilla and in that mixture add a little milk to make it less dry. Bake.

MRS. SOPHIE SILBERT.

MAHOGANY CAKE.

$\frac{1}{3}$ cup milk	1 $\frac{1}{2}$ cups sugar (8 ozs.)
1 teaspoon vanilla essence	3 eggs
$\frac{1}{2}$ cup cocoa	2 cups PERFECTION flour
$\frac{2}{3}$ cup milk	3 teaspoons ROYAL baking
$\frac{1}{2}$ cup butter (4 oz.)	powder.
$\frac{1}{4}$ teaspoon salt	

Add the $\frac{1}{3}$ cup milk gradually to cocoa, stirring until smooth. Cream butter, add sugar slowly beating in well. Add cocoa mixture and mix well. Add unbeaten eggs, one at a time, beating well after each egg is added. Add vanilla. Sift together the flour, baking powder and salt. Add alternately with milk to creamed mixture. Bake in three greased 9" layer cake tins in moderate oven (350 deg.) for 30 minutes. Put layers together with jam and cover top and sides of cake with frosting.

SYLVIA STOCH.

LAMINGTONS. (Australian).

- | | |
|-------------------------|------------------------------|
| 4 eggs | 1 cup milk |
| 1½ cups sugar | Vanilla essence to taste |
| 3 cups PERFECTION flour | 2 teaspoons bicarb. of soda. |
| 1 cup melted butter | |

Beat eggs and sugar well, then add butter, then flour, and lastly milk to which has been added the bicarbonate of soda. Bake in a well greased baking sheet in 375 deg. oven till golden. When cold cut into squares, and dip into chocolate icing, made very thin, then roll in cocoanut. Add quite a bit of hot water to the chocolate icing so that it is of a running consistency.

WYN OHRT.

BERKLEY SQUARES.

- | | |
|----------------------------|---|
| ¼ lb. butter | 2 eggs |
| 1½ cups PERFECTION flour | ½ teaspoon bicarbonate of soda dissolved in ½ cup milk. |
| 1 small cup sugar | |
| 1 teaspoon cream of tartar | |

Cream butter and sugar, then add eggs one at a time. Beat well, add milk and bicarbonate of soda, then add flour. Bake in square biscuit tin for 20 minutes in moderate oven. Cut into squares, then quickly dip into the following chocolate mixture and roll in coconut. Do not allow it to soak for a long time in the chocolate.

Chocolate Mixture: Mix together 1 cup boiling water, 2 ozs. butter, 1½ teaspoons vanilla essence, 2 tablespoons cocoa, 1¼ cups icing sugar. Bring to boil. Dip cake squares, when cooled into hot mixture, then roll into coconut.

CHANA EHRLICH, Goodwood.

BASIC FLAN.

This recipe makes two Flan shells:

- | | |
|----------------------------------|----------------------------------|
| 3 eggs—separate white from yolks | 1¼ cups PERFECTION flour |
| ¼ teaspoon cream of tartar | Pinch salt |
| ⅓ cup orange juice | 2 teaspoons ROYAL baking powder. |
| 1 cup castor sugar | |
| 2 teaspoons orange rind | |

Add ¼ teaspoon cream of tartar to 3 egg whites and heat thoroughly. Add sugar slowly and beat thoroughly. Add yolks one at a time, beating very well. Add orange juice and rind, beating very well. Add 1¼ cups PERFECTION flour, baking powder, and salt. Mix well. Grease flan tins very well. Bake 375 deg. oven for 20 mins. When cool, fill with any required filling.

HELEN LISON.

BASIC FLAN RECIPE.

Beat 2 eggs, gradually add $\frac{3}{4}$ cup sugar. Add 1 cup PERFECTION flour, and pinch of salt. Separately boil 2 ozs. butter, 2 tablespoons water, 2 tablespoons milk. Add this to egg and sugar mixture and then add 1 teaspoon ROYAL baking powder. Bake in oven 400-450 deg. for 10 minutes.

FILLINGS:

Chocolate Marshmallow.

Melt one 2/- slab chocolate and 18 marshmallows in $\frac{1}{2}$ cup milk. Stiffly beat $\frac{1}{2}$ pint cream and add to mixture. Pour into shell and leave to set.

Pineapple Filling.

1 pineapple	1 dessertspoon butter
1 cup water	1 egg
1 cup sugar	2 dessertspoons maizena.

Peel and grate pineapple, add water and sugar and boil till pineapple is soft. Mix maizena with dessertspoon cold water and add to boiling mixture, add butter. Boil for 2 minutes. Beat egg, stir in slowly and boil till egg is cooked.

Ginger Filling.

1 cup boiling water	1 teaspoon ground ginger
1 teaspoon vanilla essence	2 tablespoons custard
1 cup golden syrup	2 heaped teaspoons butter.

Boil water, syrup and butter. Add custard which has been mixed with water and ginger. Cool, then top with cream.

Pineapple Ice-cream Filling.

1 pkt. ROYAL lemon jelly	1 $\frac{1}{4}$ cups syrup (from canned
1 pkt. vanilla ice-cream (ordinary family block)	pineapples. Add water to get quantity required.
1 tin (small) canned pineapple chunks	

Heat pineapple syrup, add packet jelly. When dissolved, add ice-cream (previously cut into pieces). Stir until it is dissolved. Mash pineapple chunks, and add to ice-cream mixture after it has been removed from stove. Pour into flan and place in fridge to set.

REENE ZIEFF.

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RECIPE

CALLS FOR



"GILBEY'S" SQUADRON RUM

Dark or Light

GILBEY'S-GILBEY'S-GILBEY'S-G

RUM FLAN.

Grease and flour flan tin.	1 teaspoon ROYAL baking powder
2 ozs. butter	Pinch of salt
2 ozs. castor sugar	Vanilla essence
1 egg	2 tablespoons water
3 ozs. flour	

Cream sugar and butter very well. Add egg, cream well. Sift together dry ingredients. Then add flour mixture and water alternately to creamed mixture. Add vanilla essence. Put in centre of greased tin, and spread just lightly. Bake in 425 deg. oven for 12-15 minutes.

Rum Filling:

2 egg yolks	$\frac{1}{4}$ pint cream
$\frac{1}{2}$ cup castor sugar	1 dessertspoon GILBEY SQUADRON RUM
1 dessertspoon gelatine	
$\frac{1}{4}$ cup water	

Pour $\frac{1}{4}$ cup water over gelatine, then put in saucepan of water on stove to dissolve (a double boiler would do well). Beat egg yolks and sugar very well. Add hot dissolved gelatine to egg mixture. Add rum. Let stand to get thick. Add whipped cream and 1 heaped tablespoon stiffly beaten egg white. When this mixture is set, pour into flan. Decorate with grated chocolate, and pipe round with whipped cream.

LILY LICHTENSTEIN.

ZWETSCHGENKUCHEN. (Swiss Fruit Flan).

Line baking sheet—round or square—with short or puff pastry, sprinkle with grated almonds or hazel nuts, fill with prunes cut in quarters, arrange them neatly in rounds. Put in preheated oven approx. 400 degrees, bake for approx. 10 minutes, take out pan, and pour over the prunes the following mixture: Beat 2 eggs with approx. 2 tablespoons sugar and a little cream or milk and a pinch of cinnamon. Finish baking for approx. another 15 minutes until done.

CONSULATE OF SWITZERLAND.

EASY PUFF PASTRY.

$\frac{1}{2}$ lb. PERFECTION flour	6 tablespoons iced water
$\frac{1}{2}$ teaspoon salt	1 dessertspoon brandy.
$\frac{1}{2}$ lb. vegetable fat	

Sift flour and salt. Grate fat coarsely into flour. Add mixture of water and brandy to flour and fat and mix lightly with fork. Put onto floured board and roll out thinly. Then roll up pastry like a jam roll. Wrap up in greaseproof paper and put in fridge till required.

LORNA NOVOS.

RIA'S FEATHER PUFF PASTRY.

1 lb. butter	1 cup iced water
1 lb. PERFECTION flour	1 dessertspoon lemon juice.
Pinch salt	

Cut butter into quarters. Grate $\frac{1}{4}$ lb. into flour, mix with iced water into dough. Roll out once and sprinkle on a little flour. Cut onto this another $\frac{1}{4}$ lb. butter. Repeat folding and cutting up butter until all butter is used up in this way. Store in fridge, and use as required. The secret is to work as quickly and lightly as possible.

RIA VAN NIEKERK.

PUFF PASTRY.

$\frac{3}{4}$ lb. margarine or butter	2 teaspoons ROYAL baking powder
1 lb. PERFECTION flour	
Pinch salt	1 beaten egg (optional).

Rub 6 ozs. shortening in the sifted flour, baking powder and salt till fine crumbs. Add well beaten egg, then mix with cold water into soft dough. Keep in fridge for $\frac{1}{2}$ hour. Roll out, then grate 3 oz. of remaining shortening all over dough. Sprinkle with little flour, then fold the 2 sides towards the middle twice. Put in fridge in greaseproof paper again for 15 minutes. Repeat method with remaining 3 oz. shortening. Keep in fridge wrapped until required. Delicious for tarts or meat pies.

MRS. R. SEVITZ.

SHORT CRUST for 5 Tarts.

1 lb. PERFECTION flour	2 eggs
1 tumbler cold water	$\frac{1}{2}$ lb. butter
2 teaspoons ROYAL baking powder	Pinch salt.

1. Mix flour, baking powder and salt and sift well.
2. Rub in butter.
3. Put eggs in glass, beat well, then fill with cold water and beat well again. Mix to form firm dough and roll out.

Filling: (Enough for 2 tarts).

Chop finely 2 cups of dates, $\frac{1}{4}$ cup cherries, nuts, currants and sultanas, fig preserve or any fruit suitable to mix with dates. This mixture must be put into tart shell. Cover this filling with the following:

3 oz. butter	$1\frac{1}{2}$ cup cocoanut
1 cup sugar	Milk if necessary.
3 eggs	

Cream butter and sugar, then add eggs and cocoanut. Bake till brown.

CURRENT TART.

1 cup currants	$\frac{1}{4}$ cup finely chopped almonds
$\frac{1}{2}$ cup water	or walnuts
$\frac{3}{4}$ cup sugar	2 tablespoons breadcrumbs.
2 tablespoons apricot jam	

Boil all above ingredients. Remove from stove and add 2 egg yolks well beaten with $\frac{1}{4}$ cup of wine and 1 teaspoon ground cassia. Put in baked pie crust. Cover with cocoanut or meringue or any cake crumbs.

SYLVIA DAVIDOWITZ.

CONDENSED MILK TART.

Crush 1 packet Marie biscuits (keeping out a few biscuits to break into small pieces to put on top of tart). Take 1 teaspoonful fine cinnamon, 2 tablespoons icing sugar, the crushed biscuits and mix with $\frac{1}{4}$ lb. butter, press into dish and put the following mixture on top:

1 tin condensed milk	Grated rind of 1 lemon (or
$\frac{1}{2}$ cup lemon juice	$\frac{1}{4}$ teaspoon lemon ex-
2 teaspoons sugar or icing	tract)
sugar.	

Beat yolks of eggs well, add condensed milk, lemon juice and rind and icing sugar. Put filling in Marie biscuit crust and bake in oven for 10 minutes. Lastly put meringue of egg whites and sugar on top, sprinkle with Marie biscuit crumbs. Brown in oven. Freeze before serving.

GLADYS ABRAHAM.

PINEAPPLE AND APPLE TART FILLING.

Cook 1 grated pineapple, plus 1 grated apple, plus 1 dessert-spoon custard, plus 2 tablespoons sugar. Stir all the time until it thickens. Cool. Fill tart and bake.

SUSAN BACK.

MOCK CHEESE CAKE.

1 pkt. Marie biscuits	1 tablespoon custard
$\frac{1}{4}$ lb. butter	Juice of 2 lemons
1 tin condensed milk	3 eggs.
1 tablespoon maizena	

Crush biscuits and add melted butter and line pyrex dish. Beat eggs very well, and add condensed milk. To the lemon juice, add custard and maizena, and add to egg mixture. Beat well. Pour into lined pyrex dish. Bake 20 mins. at 350 degrees.

QUEENIE SILBERSTEIN.

OATMEAL OR MOCK ALMOND TART.

Pastry: 3 tablespoons PERFECTION flour, 2 tablespoons butter, 1 teaspoon sugar, 1 egg.

Rub butter into flour, add sugar and egg. Make a paste. Roll out into baking dish. Spread apricot jam on this, and then fill with almond filling made as follows:

Filling: 1 cup melted butter, $\frac{3}{4}$ cup sugar, 1 cup Jungle oats, 1 egg yolk, 1 big teaspoon vanilla essence.

Mix all above ingredients, and spread lightly over jam in shell. Bake 15 to 20 minutes in moderate oven. If obtainable, spread chopped nuts on top of the above filling.

DOLLIE BOUWER.

FRUIT TART.

Crust:

$\frac{1}{4}$ lb. PERFECTION flour Yolk of 1 egg

$\frac{1}{4}$ lb. butter Pinch of salt.

Rub butter into flour and mix with egg yolk. Add a little water if necessary.

Filling:

$\frac{1}{4}$ lb. sugar $\frac{1}{2}$ cup chopped walnuts

$\frac{1}{4}$ lb. PERFECTION flour $\frac{3}{4}$ dessertspoon ROYAL

$\frac{1}{4}$ lb. butter baking powder

2 eggs plus one white Vanilla essence to taste

1 cup each of raisins, cherries, dates and currants Enough milk to mix.

Cream together sugar and butter, and add eggs, flour, all fruit and baking powder, milk and essence. Bake in moderate oven.

ETTIE EPSTEIN, Robertson.

GINGER TART.

2 cups boiling water 1 tablespoon custard powder.

1 cup golden syrup

Boil all three above ingredients together and add $\frac{1}{4}$ lb. preserved ginger, cut up in small pieces. Put this mixture into a baked pastry shell. Serve with whipped cream.

ETHEL BRAUDE.

CHEESE CAKE.

1 lb. cream cheese

2 eggs

$\frac{1}{2}$ pint cream

Pinch of salt

$\frac{1}{2}$ cup sugar

Vanilla essence.

Beat up very well, sugar and eggs, then add cheese and salt, beating well, and then cream, and beat once more (with electric mixer if possible) and lastly add vanilla essence. Put this mixture in unbaked ready dough, short crust or other base that you like. Bake for 45 minutes in 325 - 350 deg. oven.

LENA LEIBOV.

APPLE TART.

Dough. For two 8 inch tarts. (This dough may be kept in the fridge if necessary).

4 ozs. butter	1 egg
2 tablespoons castor sugar	Pinch of salt
2 tablespoons EPIC oil	2 teaspoons ROYAL baking powder.
2 breakfast cups flour	

(PERFECTION)

Cream the butter and sugar well together. Add the oil, blend well. Sift flour, baking powder and salt together. After beating the egg well, add it, alternately with the flour mixture to the butter and sugar mixture. Divide this mixture into three quarters and one quarter. Press the $\frac{3}{4}$ portion, halved, into 2 pie dishes. Spread in apple pulp, grate the $\frac{1}{4}$ portion over the pulp. Bake for 35-40 minutes in a moderate (375 deg.) oven. Just before serving, sprinkle castor sugar over the top of the tarts.

Apple mixture. Two small or one large tin of unsweetened pie apples. Sweeten with castor sugar and little cinnamon to taste. (If possible, home-made apple pulp is preferable).

Hint: Always sprinkle a little flour over the dough lining the pie dish to avoid a soggy base.

ROSALIE BERMAN, Israel.

ORANGE MERINGUE TART.

Dough: Sift 4 cups PERFECTION flour together with 4 teaspoons ROYAL baking powder and $\frac{1}{4}$ teaspoon salt. Cream $\frac{1}{2}$ lb. butter, add 1 cup sugar and cream well together. Add two eggs and beat well together. Add dry ingredients. Place in fridge for few hours before use. This dough will keep for two weeks.

Filling: 2 cups orange juice, pinch salt, 2 heaped dessertspoons maizena, 1 level dessertspoon butter, sugar to taste, 1 egg.

Place orange juice in saucepan with pinch of salt and bring to boil, take off heat and add maizena to which has been added a little water to mix to a smooth paste. Bring slowly to boil on low heat stirring well all the time. Place egg yolk only in a cup and add slowly some of the thickened mixture to fill cup; then add to rest of mixture in saucepan. Cook for one minute and then add sugar and butter. When mixture has cooled it is ready for use. Line pie dish with above dough and bake shell only. Place a round of greaseproof paper on dough and add beans to prevent rising. When baked add orange mixture and with the egg white well beaten with 2 tablespoons sugar, cover orange mixture and place in slow oven to bake to a golden brown.

GOLDIE HELLIG, Muizenberg.

FARFEL TART.

$\frac{1}{4}$ lb. butter	1 egg
1 cup sugar	$\frac{1}{4}$ to $\frac{1}{2}$ cup milk
2 cups PERFECTION self-raising flour	Jam
	Vanilla if desired.

Sift flour into bowl, add sugar and butter. Rub together until consistency is that of coarse meal. Take off about one half of this mixture, and press into about 2 or 3 large lumps. Add to the rest of the mixture the egg and cream until smooth. Add a few drops of vanilla essence and milk until just barely firm. Put into buttered pie dish. Smooth top, smear jam over and crumble lumps that had been taken off onto jam. Bake for about $\frac{1}{2}$ hour in 325 deg. oven.

ROSALIE SLOME, Wynberg.

CHEESE CAKE.

$\frac{1}{4}$ lb. butter	2 teaspoons ROYAL baking powder
1 cup sugar	
2 heaped cups PERFECTION flour	2 eggs
	Vanilla essence
1 teaspoon custard powder	Pinch of salt.

Rub butter, sugar and flour together, into fine crumbs. Add well beaten eggs and sifted flour and baking powder, salt and custard. Add vanilla essence. Roll out and put into pyrex baking dish. Now make a filling as follows:

1 lb. cottage cheese	1 teaspoon flour
1 cup cream	Vanilla essence
1 egg, well beaten	Sugar to taste.
1 teaspoon custard powder	

Mix these ingredients together to a smooth consistency. Fill dish, and bake in 350 deg. oven until cheese is golden.

LORNA NOVOS.

ALMOND TART.

3 tablespoons PERFECT-ION self-raising flour	1 tablespoon sugar
	1 egg.
2 tablespoons butter	

Rub butter thoroughly into flour, add sugar and egg. Line a plate with this pastry and spread with jam.

Almond Filling:

1 cup butter (melted) with $\frac{3}{4}$ cup sugar. Add 1 cup oatmeal and yolk of 1 egg and 1 teaspoon almond essence. The ingredients must be mixed thoroughly. Spread filling on top of jam. The tart is baked for $\frac{1}{2}$ hour in oven at 350 deg. and then beat whites of 3 eggs stiffly, spread it on top of tart and bake golden brown.

CELIA BACH.

VENETIAN TART.

3 cups PERFECTION
flour

$\frac{3}{4}$ - 1 cup sugar
 $\frac{1}{2}$ lb butter.

Yolks of 2 eggs

Beat sugar and butter to a cream. Add beaten yolks, and then flour gradually, to form a dough. Divide, pat into four layer tins, and bake, leaving a little spare dough, and baking this separately. When done this spare dough should be rolled fine and used for crumbs and trimming:

Filling: Bring 2 cups milk to the boil. Add $2\frac{1}{2}$ tablespoons sugar. Make a paste of 2 tablespoons custard powder with a little water. Add this to the boiling milk, stirring all the time, until mixture thickens. Cool down slightly, add stiffly beaten egg whites. While still warm, spread between layers and on top. Sprinkle prepared crumbs on top.

Note: Only remove layers from tins when cold.

MOLLY MINITZER.

MILK TART.

$\frac{1}{4}$ lb. butter

1 tablespoon sugar

6 heaped tablespoons PER-
FECTION flour

Cream butter and sugar. Add flour. Knead into paste and line tart tin.

Filling:

1 cup milk

2 tablespoons sugar

1 tablespoon butter

1 tablespoon

PERFECTION flour

1 beaten egg.

Bring to boil milk, sugar and butter. Add to the flour which has been smoothly mixed with a little cold milk. Put back into saucepan to thicken. When cold, add egg. Pour into pastry lined tin. Bake at 425 degrees for 25 minutes. Sprinkle with cinnamon and sugar while hot.

BAILA LANESMAN, Pretoria.

TAIGLACH.

4 eggs

2 tablespoons fish oil

1 teaspoon ginger

PERFECTION flour.

Beat eggs with oil and ginger to a froth, add flour to make a soft dough. Roll out into rings, allowing to dry for about 4 hours. Cook in syrup, which is as follows:

2 lb. tin syrup, 2 lb. sugar, $1\frac{1}{2}$ cups water.

Bring the syrup to the boil, put in taiglach. Cover pot (a large one). Open after 15-20 minutes. Stir. Allow to cook a little longer, stirring quite often. Add 3 teaspoons ginger, just before ready, when colour is light brown. Take off, dilute with a little boiling water. Test the syrup to see that it is not too sticky. Spread out on plate, and sprinkle with ginger and sugar.

MRS. SUSAN BACK.

FILLED TAIGLACH.

6 eggs
2 tablespoons EPIC oil
1 teaspoon ginger

PERFECTION flour to
make a soft dough.

Beat eggs till light and spongy. Add oil and ginger. Beat well. Add flour enough to make a soft dough. Roll out thinly in long strips, and cut in squares. Now make a filling as follows:

1 lb. minced mixed dried fruits (e.g. apricots, pears, apples, prunes)	A little Van der Hum to wet mixture 1 tablespoon syrup.
1 dessertspoon ginger	

Mix all ingredients together well, to make a soft but firm mixture. Put blobs of this onto each square of dough. Close very securely. Leave for a while to dry. Now make a syrup as follows:

Syrup: Boil together well 2 lbs. sugar, 3 cups water and a 2 lb. tin of golden syrup. Do not let it get too sticky however. Drop the taiglach into the boiling syrup, and cook on medium heat for about 20 minutes. Then remove lid and stir. Now boil further, stirring every ten minutes. Cook roughly for an hour, or till golden brown. Remove from stove, and pour over one large cup boiling water and stir. Place onto cooling rack.

BELLA BACK.

TAIGLACH. (Cut).

6 eggs
2 tablespoons EPIC oil
1 teaspoon ginger
Pinch salt

1 dessertspoon sugar
PERFECTION flour,
enough to make work-
able dough.

Knead well all ingredients into workable dough. Roll small pieces into long strips, the thickness of a little finger. Cut these strips up into small cubes. Let lie on clean cloth for about one hour. Then boil in syrup, prepared as follows:

Syrup: Bring to boil 1 lb. sugar, and 1 lb. syrup, and throw all cubes of dough into this. Cover pot well, and let boil briskly for 10 minutes. Stir and watch carefully, so as not to burn. Also see that when lifting the lid no steam moisture from inside the lid drops on the taiglach. After about 20 minutes, when golden brown, add two heaped teaspoons ginger, and chopped nuts. Before removing, throw $\frac{1}{2}$ cup boiling water in along side of pot. If thrown directly onto them, the taiglach will be ruined. Stir, remove from stove, throw onto a moist board, flatten mixture, and let get cold. Then cut up into squares.

RAY ORMAN.

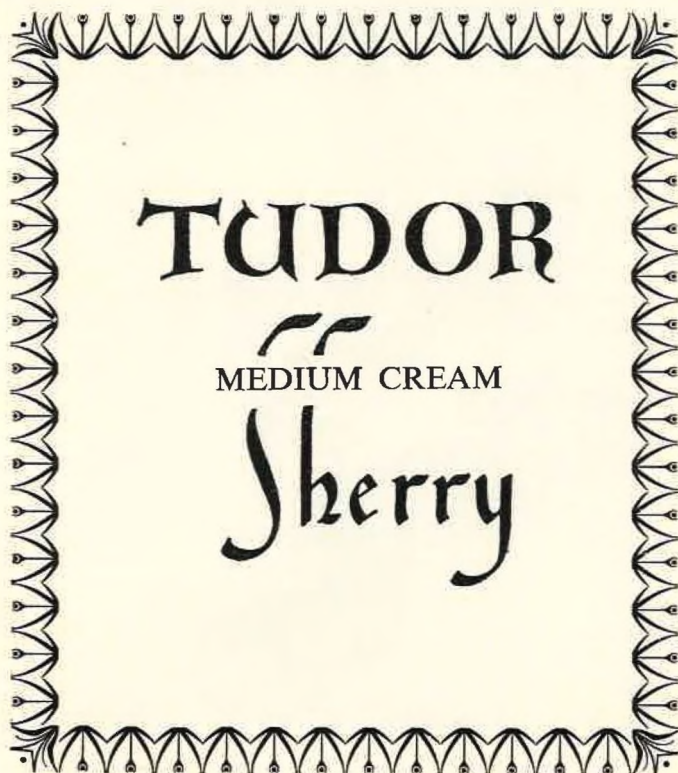
CHOCOLATE CHIFFON PIE.

1 tablespoon unflavoured gelatine	$\frac{1}{4}$ teaspoon salt
3 eggs, separated	2 squares unsweetened chocolate
$\frac{1}{4}$ cup cold water	A 9 inch prebaked pie shell
1 teaspoon vanilla	1 cup sugar
$\frac{1}{2}$ cup boiling hot water	$\frac{1}{2}$ cup heavy cream, whipped.

Soften gelatine in cold water and stir in boiling water till dissolved. Melt chocolate over boiling water in top of double boiler, add sugar and beaten egg yolks. Cook 2 minutes. Remove from heat. When cool, add vanilla and egg whites beaten stiff with salt. Fold in whipped cream and turn the mixture into baked pie shell. Chill till firm.

Variation: Turn chocolate and egg whites mixture into baked shell, chill till firm and top with swirls or whipped cream just before serving.

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ENTERPRISE BAKERIES (PTY.) LTD.

MYHOF ROAD,

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BISCUITS.

AUSTRALIAN CRISP.

4 ozs. butter

4 ozs. sugar

7 ozs. Post Toasties

2 ozs. golden syrup.

Melt the butter without letting it boil, then add the sugar and syrup, and stir well. Lastly stir in the Post Toasties, and continue stirring until they are thoroughly mixed. Put into a greased tin, flatten down with a palette knife, and bake in a moderate oven for 15 minutes. Mark into squares with a sharp knife before it has set, but do not turn out until cooled and set.

WYN OHRT.

MELTING MOMENTS.

6 ozs. butter

1 cup cream

2 heaped teaspoons ROYAL
baking powder

Sufficient PERFECTION

Self-raising flour to
make firm dough.

Mix all above ingredients well together, then roll into shapes, or use cookie maker. Dip in sugar. Bake in moderate oven.

IRENE WESTERMAN.

CURRENT COOKIES.

1 cup butter or margarine

1 cup sugar

2 eggs

2 tablespoons water

$\frac{1}{2}$ teaspoon vanilla essence

2 $\frac{1}{2}$ teaspoons ROYAL bak-
ing powder

3 cups PERFECTION flour

$\frac{1}{2}$ teaspoon bicarbonate of
soda

Pinch salt

$\frac{1}{4}$ teaspoon nutmeg

2 cups currants or other
mixed fruit.

Beat sugar and butter. Beat eggs and vanilla essence, and add to creamed sugar mixture. Sift dry ingredients and mix well. Lastly add fruit. Drop by spoonful on buttered biscuit tin and bake for 10 minutes in 350 deg. oven.

MRS. ESTHER HUGO, Robertson.

PIG EARS.

$\frac{1}{2}$ lb. butter

2 $\frac{1}{2}$ cups PERFECTION
flour

Castor sugar (only for dust-
ing board)

Pinch of salt

$\frac{1}{2}$ pint sour cream

2 heaped tablespoons corn-
flour.

Sift dry ingredients. Rub in butter with fingers, add sour cream and form into dough. Place in fridge overnight. Cut dough into two, leaving one piece in fridge to keep cold while working on second piece. Roll out thin strips in figure of 8. Dip in sugar and bake in hot oven, till golden.

ROSE KATZ.

SELFRAISING FLOUR BISCUITS.

- | | |
|--------------------------------------|---------------------------------|
| 1 pkt. PERFECTION Self-raising flour | $\frac{1}{4}$ lb. melted butter |
| 3 eggs | 1 cup sugar. |

Mix above together and add rind of lemon. Bake at 350 deg.

ROSE KATZ.

SOET KOEKIES.

- | | |
|-----------------------------------|----------------------------|
| 4 cups PERFECTION flour | 2 cups coarse sugar |
| 1 cup butter ($\frac{1}{2}$ lb.) | 2 teaspoons ground cloves |
| 2 teaspoons cinnamon | 1 teaspoon bicarb. of soda |
| 2 beaten eggs | A good grating of nutmeg. |

Crumb butter in flour, add sugar, add other ingredients and mix into a dough. If very stiff, add either a little brandy or milk. Roll out and cut. Bake.

POST TOASTIE CRISPS.

Melt $\frac{1}{2}$ slab Cadbury's chocolate in double boiler, and when melted take off fire, add 3 heaped handfuls of Post Toasties. Lift out with 2 spoons or forks and lay out on board to dry.

COFFEE BISCUITS. (Eggless).

- | | |
|--|-------------------------------|
| $\frac{1}{2}$ lb. butter | 1 cup brown sugar |
| $\frac{1}{2}$ cup syrup | 5 cups PERFECTION flour |
| $\frac{1}{2}$ pkt. bicarb. of soda, dissolved in less than $\frac{1}{4}$ cup of milk | 2 teaspoons vanilla |
| | 2 tablespoons coffee essence. |

Cream butter and sugar and add all other ingredients. Put through cookie machine and jam together with chocolate icing or jam. Lasts a long time.

MRS. SOPHIE SILBERT.

BUTTER BISCUITS.

- | | |
|-------------------------------------|-------------------------|
| 1 lb. PERFECTION Self-raising flour | $\frac{3}{4}$ cup sugar |
| $\frac{1}{2}$ lb. butter | 2 eggs. |

Rub butter into flour and sugar, until like fine mealie-meal. Beat eggs well, and add to butter and flour mixture. Knead well and roll out, cut into rounds or roll into shapes and bake in hot oven 425 deg. for 10 - 12 minutes, or until golden brown. The above dough can also be put through a cookie-press, and can also be used as a base for cheese-cake, apple-tart or jam-tart. If wrapped in greaseproof paper, this dough will keep for quite a few weeks in the refrigerator, and may be used as required.

REBA KRAWITZ.

GNOCCHI.

6 ozs. semolina

2 eggs

1 pint milk

3 ozs. grated cheese.

1 oz. butter

1 teaspoon French mustard

Salt and pepper.

Heat the milk and when nearly boiling add semolina and cook for about 20 minutes, stirring until thick. Add two ounces of the grated cheese, the beaten eggs and mustard and beat well. Season well. Spread out evenly about quarter inch thick on a baking tin. When cold, cut in rounds or crescents and arrange in ovenware dish. Pour melted butter and sprinkle with cheese and bake in oven until golden brown.

PHYLLIS HESSE.

DUTCH BISCUITS.

1½ cups PERFECTION
flour

½ lb. butter

Pinch of salt.

½ cup sugar

Mix all above ingredients together, and put into a baking tin. Press salted peanuts into this. Bake in moderate oven. When baked sprinkle with sugar. Cut while warm, and remove from pan when cold.

MOLLY MINITZER.

EASY JAM SQUARES.

4 egg yolks

½ pint cream

½ lb. butter

1½ cups sugar

4 teaspoons ROYAL baking
powder

4 cups PERFECTION flour
Pinch salt.

Cream butter and sugar. Add yolks, then cream. Divide dough into half. Roll out sheet of dough, and spread with jam (apricot), cinnamon and currants. Cover with other half of dough, also rolled into thin sheet. Bake in hot oven and cut into fingers while still hot.

IDA ATLAS, Kenilworth.

KRAKELINGE.

¾ cup butter

1 egg

¾ cup sugar

3 cups PERFECTION flour

1½ teaspoons ROYAL bak-
ing powder

¼ teaspoon salt

Beaten egg for brushing.

For topping: ½ cup sugar, ¼ lb. blanched almonds.

Cream butter and sugar well. Add beaten egg. Mix thoroughly, then add sifted dry ingredients. Knead well, and roll out into O shapes about 2 ins. in circumference, and also shapes of 8. Roll very thin. Brush over with beaten egg, dip into sugar and chopped almonds. Bake 400 deg. for 10 minutes.

CECILE CARP, Kenilworth.

COCOANUT FINGERS.

$\frac{1}{4}$ lb. butter	1 egg
$\frac{1}{2}$ cup sugar	1 teaspoon ROYAL baking powder
$1\frac{3}{4}$ cups PERFECTION flour	Pinch salt.

Cream butter and sugar well. Add unbeaten egg, beating well. Add all dry ingredients. Pat into baking sheets, half full. Spread with a little apricot jam, and top with the following:

Filling: 1 tablespoon butter, 2 tablespoons sugar, 1 egg, 1 large cup cocoanut.

Mix all above ingredients together well, place on top of jam, and sprinkle with chopped almonds, and sliced cherries. Bake in 400 degrees oven for 25 minutes. Cut while hot.

KOEKSISTERS.

2 cups PERFECTION flour	Pinch salt
1 tablespoon ROYAL baking powder	1 egg
2 tablespoons butter	$\frac{3}{4}$ cup milk (or little less)

Rub flour and butter together, add baking powder, and well beaten egg. Sift in flour and add milk to make a soft dough. Now roll out dough about $\frac{1}{2}$ inch thick, and cut into strips, two inches long. Cut each piece through the middle and give it a twist through this cut. Fry in hot EPIC oil till golden brown, and drop at once into the syrup, made as follows:

Syrup: $2\frac{1}{2}$ cups sugar, 1 cup water, a piece of cinnamon.

Boil the above together for 10 minutes, then add $\frac{1}{2}$ teaspoonful tartaric acid.

MIMI MEYER.

EASY SHORTBREAD RECIPE.

$\frac{1}{2}$ lb. butter	4 tablespoons castor sugar
Pinch salt	2 cups PERFECTION flour

Mix all above ingredients together, and bake in very slow oven. Take out, prick it and cut into fingers while still hot.

ANNE STEIN.

JUDY'S SUPER BISCUIT DOUGH.

1 lb. butter	$\frac{1}{2}$ cup fish oil
3 cups PERFECTION flour	$1\frac{1}{2}$ cups sugar
1 pkt. PERFECTION self-raising flour	Grated rind of 1 lemon
3 eggs	Pinch of salt.

Rub butter into flour and also grated lemon rind and salt. This must be the consistency of coarse boer meal. Throw in whole eggs one at a time and knead well. Lastly add fish oil and also knead well. Store in fridge, at least 2 hours before using. This can be kept in fridge for up to two weeks. Delicious used as tart shells or plain biscuits. Also ideal dough to put in biscuit press machine.

JUDY WITZ.

CINNAMON BALLS. (No Rolling required—very economical and tasty).

1 cup soft shortening 1½ cups sugar, 2 eggs.

Cream the above ingredients together, and add 2¾ cups sifted PERFECTION flour, 2 teaspoons cream of tartar, 1 teaspoon bicarbonate of soda and ½ teaspoon salt. Chill this dough very well. Roll into balls. Dip into cinnamon and sugar, and bake for 10 minutes in 350 degrees oven.

ANNE STEIN.

PEANUT CLUSTERS.

Shell and skin peanuts. Drop one by one into dipping chocolate. Lift out three at once to form clusters and put on greased paper. Or boil sugar syrup to soft ball stage and mix with the peanuts and form into balls.

ANON.

OLD FASHIONED SUGAR COOKIES.

5 cups PERFECTION flour	Milk
2 teaspoons cream of tartar	4 eggs
1 cup butter or vegetable fat	Pinch of salt
1 teaspoon bicarb. of soda	Nuts.
2¾ cups sugar	

Cream the butter and sugar well. Add the eggs one at a time beating well after each addition. Add the sifted flour, soda, cream of tartar and salt, mixing alternately with milk into the butter and egg mixture. Form into a stiff paste. Roll out ½ inch thick. Cut with not too small a cutter. Bake in oven 400 deg. Before baking, brush over with a little milk or water and sprinkle with sugar. Press a nut into the centre of each cookie.

LEONIE BALKIN.

SOUS KLUITJIES. (Dumplings).

3 cups milk	3 eggs (separated)
3 tablespoons maizena	½ cup butter or more
3 tablespoons flour	Sugar and cinnamon to taste.

Mix well beaten egg yolks and maizena, flour and salt. Add sugar and cinnamon, and mix well. Now bring milk to boil, add half the maizena (mixed with little cold milk). Add rest of maizena and bring to boil. Remove from stove and fold in stiffly beaten egg whites. Boil up once more for two or three minutes, stirring all the time. Cool a little. Dip spoon in melted butter, and spoon out dumplings onto a flat dish. Cover with sugar and cinnamon. Pour over this any remaining melted butter. Delicious served with tea or coffee.

DOLLY BOUWER.

CARAMEL SHORTBREAD.

$\frac{3}{4}$ lb. PERFECTION flour	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ teaspoon ROYAL baking powder	$\frac{1}{4}$ lb. castor sugar
	$\frac{1}{2}$ teaspoon vanilla essence.

Heat the butter most carefully until it becomes a light brown colour, and let it get cold again. When it is cold knead into flour, sugar, baking powder and vanilla essence. Knead well until a smooth paste is formed. Make into small round balls, place on a baking tin, and flatten with the hand. Make about 12 miniature shortbreads. Bake in oven 300 deg. until baked through.

LEMON BISCUITS.

$\frac{1}{2}$ lb. PERFECTION flour	$\frac{1}{4}$ teaspoon bicarb. of soda
1 level tablespoon grated lemon rind	1 egg
5 oz. butter	2 tablespoons lemon juice
6 oz. castor sugar	3 oz. chopped nuts.

Cream the butter and sugar, add the beaten egg and lemon juice and mix well. Stir in the sifted dry ingredients, including the lemon rind and nuts. Form into rolls about two inches in diameter, roll in waxed paper and chill thoroughly. Cut the rolls into $\frac{1}{4}$ inch slices and put on to a greased baking tin. Bake in oven 380 deg. for 10 to 12 minutes. Could be iced.

COFFEE KISSES.

2 oz. PERFECTION flour	$\frac{1}{2}$ teaspoon ROYAL baking powder
2 oz. sugar	
2 oz. cornflour	$\frac{1}{2}$ teaspoon ground cinnamon
1 egg	$\frac{1}{2}$ teaspoon coffee essence
2 oz. butter	Lemon essence.

Cream the butter and sugar, add well-beaten egg and a few drops of essence of lemon and coffee essence. Sift in flour, cornflour, baking powder and cinnamon. Mix well. Drop in half-teaspoons, on a warm greased baking tin, bake in oven 420 deg., for about 10 minutes. When cool, fix together with jam or icing.

ANON.

ROTSKOEKIES.

2 koppies PERFECTION meelblom	2 teelepels ROYAL bak-poeier
1 koppie botter	2 eiers
$\frac{1}{2}$ koppie water	$\frac{1}{2}$ koppie melk.
$1\frac{1}{2}$ koppies klapper	

Meng al die droë bestanddele, en vryf die botter in. Meng verder met die melk en geklitste eiers. Rol uit, sny in vingers.

MEV. HELENA BESTER.

BISCUITS.

- | | |
|------------------------------|-------------------------------------|
| 3 eggs | 1 teaspoon vanilla essence |
| 1 cup sugar or 6 tablespoons | 3 dessertspoons maizena |
| $\frac{1}{2}$ lb. butter | $1\frac{1}{2}$ lb. PERFECTION self- |
| 1 cup milk | raising flour |

Beat eggs and sugar well. Melt butter and stir into sugar and eggs slowly at intervals, while stirring all the time. Add vanilla and stir, add milk and stir well and add flour. Knead well on board. Roll and cut into biscuits or form into beiglach and bake in oven 400 deg. until light brown.

MRS. HAIDEE SANDLER.

BOILED CREAM RUSKS.

Collect 1 cup cream from top of boiled milk. Cream $\frac{1}{4}$ lb. butter with 1 cup sugar. Add 1 cup boiled cream, pinch salt, 2 eggs, 1 packet PERFECTION self-raising flour. Mix into nice soft dough with knife or spoon. Scoop out in spoonfuls on buttered baking tin and bake in moderate oven till done. When done break open into pieces and return to oven to dry out as rusks. Biscuits can be made in same way with 1 egg. Roll out with hand into shapes and dip in sugar before baking.

MRS. EDIE KRAMER, Robertson.

COCOANUT FINGERS.

- | | |
|--------------------|----------------------------|
| 2 oz. castor sugar | 1 teaspoon ROYAL baking |
| 2 oz. butter | powder |
| 1 egg | 3 oz. dessicated cocoanut. |
| 2 oz. cornflour | |

Cream the butter and sugar together, and then add the beaten egg gradually. Next add the cocoanut and the sieved dry ingredients. Put the mixture into a flat, greased tin, and bake in oven 300 deg. for about 20 minutes. Let it cool. Ice with orange icing, made by adding icing sugar to the juice of half an orange until it is thick enough to spread. Beat all the time. Spread smoothly over the slab and then cut it in half. Sprinkle chopped violet petals (preserved) down both sides and cut into fingers.

ANON.

CHOCOLATE SQUARES.

- | | |
|------------------------------------|---------------------------------|
| 1 cup walnuts | 1 teaspoon ROYAL baking |
| 2 eggs | powder |
| $\frac{3}{4}$ cup PERFECTION flour | $\frac{1}{4}$ lb. melted butter |
| $\frac{3}{4}$ cup sugar | 2 teaspoons cocoa. |

Cream sugar and butter. Add beaten egg, walnuts and other dry ingredients. Bake in buttered flat tin for 25 minutes.

Icing: 1 cup icing, 1 egg white, 2 teaspoons cocoa.

Mix all ingredients and spread on hot cake. When cool cut into squares.

ETHEL BRAUDE.

CINNAMON BISCUITS.

- | | |
|--|----------------------------|
| 6 oz. PERFECTION flour | 1 egg yolk or if necessary |
| 3 oz. butter | the whole egg could be |
| $\frac{1}{2}$ teaspoon ROYAL baking powder | used |
| 1 teaspoon ground cinnamon | 2 oz. castor sugar. |

Sift the flour, cinnamon and baking powder together. Cream the butter and sugar. Then gradually add the beaten egg alternately with the sifted flour. Add a little milk or water if necessary to make a nice pliable dough. Roll into small balls and place them on a greased baking sheet. Dip a fork into flour and flatten the centre of each ball. Then allow to stand for at least an hour in a cool place or refrigerator. Bake in oven 420 deg.

ANON.

WINE BISCUITS.

- | | |
|-------------------------------|-----------------------------|
| 1 lb. PERFECTION flour | $\frac{1}{4}$ lb. butter |
| $\frac{1}{2}$ cup dark wine | 1 teaspoon ground cinnamon |
| $\frac{3}{4}$ lb. brown sugar | Pinch of salt |
| 1 teaspoon ground cloves | 1 teaspoon bicarb. of soda. |

Sift together the dry ingredients and rub the butter into the flour. Make a well in the centre of the mixture, put in the sugar, pour on the wine and mix into a stiff paste with the beaten egg. If too stiff, add a little water. Roll out thinly, cut into rounds with a plain round cutter placing half of a blanched almond on each biscuit (optional). Bake in oven 400 deg.

MRS. R. KOORS.

GLACE GINGER BISCUITS.

- | | |
|------------------------|--------------------------------|
| 6 oz. PERFECTION flour | 4 oz. castor sugar |
| 4 oz. preserved ginger | 1 teaspoon ROYAL baking powder |
| 1 egg | 3 oz. butter |
| Corn flakes. | |

Cream butter and sugar. Add eggs. Add the chopped ginger and flour sifted with baking powder. Take small teaspoons full and roll in corn-flakes. Bake in oven 400 deg. until nicely browned. Any other kinds of fruit could be used. Dates are nice.

LEONIE BALKIN.

QUICK DATE COOKIES. (No baking needed).

- | | |
|-------------------------|--------------------------|
| 1 pkt. Marie biscuits | $\frac{1}{2}$ lb. butter |
| $\frac{1}{2}$ cup sugar | 1 lb. stoned dates. |

Boil dates, butter and sugar until soft. Crumble up biscuits into small pieces and mix with date mixture. Spread flat in greased pan and put aside in fridge to set. Cut into squares when set and dip in shredded cocoanut. Sugar may be left out if less sweet biscuit is desired).

ANNE STEIN.

KICHLACH. (1).

6 eggs	1 level teaspoon ginger
2 tablespoons EPIC oil	$\frac{1}{2}$ teaspoon ROYAL baking powder.
2 tablespoons brandy	
2 teaspoons salt	

Whisk up eggs and add oil, brandy, salt and ginger. Then add flour to make a soft dough. Roll out thinly, throw on sugar and roll again. Prick with a fork or flower pricker. Bake 550 deg. MRS. M. ZAACKS.

KICHLACH. (2).

PERFECTION flour	Pinch of salt
6 eggs	2 tablespoons brandy.
2 tablespoons EPIC oil	

Beat eggs well. Add oil, brandy and salt, and beat all well. Add enough flour to make a rollable dough. Knead well. Roll out thin—sprinkle on a little sugar. Cut into rounds or squares. Prick with fork. Bake in hot oven 450 – 500 degrees until golden. Preheat oven before each batch.

ANNE STEIN.

GINGER BISCUITS WITH FILLING.

Mix together 3 eggs, 4 tablespoons syrup, 8 tablespoons sugar, $\frac{1}{4}$ lb. melted butter, $\frac{1}{2}$ packet bicarbonate of soda, rind of 2 oranges, 2 teaspoons cinnamon, 4 teaspoons ginger, flour to make a soft dough.

Filling: Mince approximately 1 lb. mixed fruits (sultanas etc.), and apricot jam to make a spreading consistency, and add 1 teaspoon cinnamon.

Roll out dough in long thin strips, spread filling over this, and roll up, as for Swiss roll. Brush top with beaten egg, and sprinkle with sugar. Bake in 350 degrees oven and cut into fingers while still hot.

DATE AND WALNUT SQUARES.

Cream $\frac{1}{4}$ lb. butter and $\frac{1}{2}$ cup sugar. Add 1 beaten egg, 1 cup PERFECTION flour, $\frac{1}{2}$ teaspoon cinnamon, 1 cup chopped walnuts, $\frac{1}{2}$ lb. chopped dates, $\frac{1}{2}$ teaspoon bicarbonate of soda dissolved in 2 teaspoons water. Spread this mixture in tin 9 x 13 inches. Bake in 350 degrees oven. Cut while warm, and dust with castor sugar.

BUTTERMILK RUSKS.

Dissolve 1 cup sugar in 1 cup of buttermilk. Rub 6 ozs. butter with 1 lb. PERFECTION self-raising flour (more or less). Add sugar mixture to this, make a dough, roll in strips. Bake in 350 deg. oven. Cut into fingers when baked. Put back into a very slow oven to dry out.

SUSAN BACK.

GINGER FRUIT SLICES.

- | | |
|--|------------------------------------|
| 2 eggs | $\frac{1}{2}$ cup warmed syrup and |
| 1 cup sugar | $\frac{1}{2}$ cup warm water |
| 5 cups PERFECTION flour | 1 teaspoon ROYAL baking powder |
| 2 cups mixed fruit (sultanas, currants, cherries, lemon peel, chopped walnuts) | 1 teaspoon ginger |
| $\frac{1}{2}$ cup EPIC oil | 1 teaspoon mixed spice |
| 2 teaspoons bicarb. soda | Jam of any kind |
| | Cinnamon and sugar. |

Beat well eggs, sugar, water, syrup, oil, ginger and mixed spice. Sift together flour, bicarb. of soda, and baking powder. Add to beaten mixture to form a soft dough, knead well. Divide dough into *small* portions (makes 9 or 10). Roll out each portion $\frac{1}{2}$ inch thick on floured board. Spread with jam, sprinkle with cinnamon and sugar, spread mixed fruit and walnuts on top. Roll up by hand into long strips. Place on greased flat tin and brush with egg white. Bake until brown and cut into slices while still hot. Temp. 350 deg.

N.B. Syrup left over from Taiglach may be used.

SOUR CREAM BISCUITS.

- | | |
|---------------------------|---|
| 5 eggs | $1\frac{1}{2}$ cups chopped nuts (must be pieces, not fine) |
| 1 teaspoon almond essence | 1 glassful thick sour cream |
| $1\frac{1}{4}$ cup sugar | 2 packets PERFECTION self-raising flour. |
| 4 dessertspoons cocoa | |
| $\frac{1}{2}$ lb. butter | |

Cream butter, sugar and eggs (5 yolks and 4 whites, leaving 1 white). Add cream and flavouring. Mix well, add sifted self-raising flour and knead to form a dough. Divide dough into 2 parts. Take one portion and knead well with the cocoa. Roll out one portion of cocoa dough on floured board $\frac{1}{4}$ inch thick and cover with a layer of white dough also rolled out. Press down with rolling pin and cut with small oblong biscuit cutter. First dip in egg white, then in the chopped nuts and lastly in sugar. Put on greased pan. Bake at 350 deg. You can make white and dark tops.

BERTHA SCHLOMOW.

CISSY'S BUTTER BISCUITS.

- | | |
|--|--|
| 6 ozs. butter | Enough PERFECTION flour to make pliable dough. |
| $1\frac{1}{2}$ teaspoons ROYAL baking powder | Top of milk |
| 2 eggs (leaving out 1 white) | A squeeze of lemon. |
| $\frac{3}{4}$ cup of sugar | |

Cream butter and sugar, then add eggs, top of milk, baking powder and flour. The dough should not be too stiff. Roll out and cut in shapes. The white of egg may be used for topping.

CISSY COHEN.

CREAM PUFFS.

3 eggs
Pinch of salt

$\frac{1}{4}$ lb. butter
1 cup water.

Put water on to boil, then add 1 full cup of PERFECTION flour and mix, take off from stove and cool. Put dough in mixer, add eggs one by one and beat well in dough. Switch on stove to 425 deg. Take a tablespoon of mixture for each puff in greased pan. Bake for 20 minutes till dry. Remove from pan, cut tops off puffs, add a dessertspoon of sweet whipped cream and sprinkle with icing sugar.

GLADYS ABRAHAMS.

SHORTBREAD BISCUITS.

$\frac{1}{4}$ cup sugar
1 teaspoon almond essence
 $\frac{1}{2}$ lb. butter

1 teaspoon vanilla essence
 $2\frac{1}{2}$ cups PERFECTION
flour.

Cream butter and sugar. Add other ingredients. Put into greased flat biscuit pan and press down well. Prick and impress lines. Bake until a very light brown and cut while hot. Temperature 350 deg. Time: 20 to 30 minutes.

BAILA LANESMAN, Pretoria.

TURNOVER BISCUITS.

2 cups PERFECTION flour
 $\frac{1}{4}$ teaspoon salt
3 oz. butter

$\frac{3}{4}$ cup sugar
1 teaspoon ROYAL baking
powder.

Rub all above ingredients together with your fingers, add 1 egg, a tablespoon cream. Then roll out very thin and cut with a pastry cutter. Add $\frac{1}{2}$ teaspoon of apricot or strawberry jam in each flap, fold, fork your edges, dip in sugar and bake in oven 375 deg.

GLADYS ABRAHAMS.

POST TOASTIES BISCUITS.

1 cup PERFECTION flour
1 teaspoon ROYAL baking
powder
 $\frac{1}{4}$ lb. butter
2 tablespoons sugar
1 egg

1 cup chopped dates
 $\frac{1}{4}$ cup milk
1 cup mixed fruit (cake
fruit mix)
A few cherries may also be
sliced in.

Melt butter down and cream the sugar together with it. Add beaten egg, then fruit. Lastly add the flour and baking powder. After stirring it all together, add the milk to make a firm mixture. Take a teaspoon of mixture and roll into Post Toasties. Bake in greased tin. Oven 375 deg. for 15 to 20 minutes.

HILDA BLOOM.

KOEKSISTERS.

1 cup PERFECTION flour	1 level tablespoon butter
1 teaspoon ROYAL baking powder	Salt
1 tablespoon sugar	Little nutmeg
	$\frac{1}{2}$ egg plus little water to mix.

Sift all dry ingredients into mixing bowl. Add butter and mix through with fingers. Add egg, slightly beaten, mixed with water, and mix with knife. Flour board lightly and roll into long thin strips. Cut with knife and plait. Stick ends down with little water to hold. Heat saucepan of oil. When hot, drop koeksisters in and let boil until golden brown. Remove from oil and drop into syrup and let it soak well. Take out and put onto a cake cooler till dry.

Syrup: 4 cups sugar, a few sticks cinnamon, 2 cups water, $\frac{1}{2}$ teaspoon cream of tartar, dissolved in 1 teaspoon water.

Dissolve sugar and water on stove, add dissolved cream of tartar and a few drops lemon juice, and stick cinnamon. Strain through thin muslin and let it get cold.

BASIC BISCUIT RECIPE.

4 eggs	1 cup sugar
$\frac{1}{2}$ lb. butter	1 teaspoon vanilla essence
2 heaped or 3 level teaspoons ROYAL baking powder	PERFECTION flour to mix.

Cream butter and sugar well, add eggs one at a time. Beat well. Add vanilla essence. Add flour and baking powder.

Can be used for: (a) Cut biscuits (c) Jam layers
(b) Stuffed monkeys (d) Date layers.

Smear tops with beaten egg and bake in 400 degrees oven.

LILY LICHTENSTEIN.

PEANUT BUTTER KISSES.

Mix together 1 large tin condensed milk and 6 tablespoons of peanut butter. Add $\frac{1}{2}$ teaspoon vanilla essence, pinch salt, $1\frac{1}{2}$ cups cocoanut and 2 cups rice crispies. Drop by teaspoons on to buttered baking sheet. Bake at 350 deg. for 10 minutes or until light gold.

JOYCE SOLOMON.

GINGER SNAPS.

6 oz. butter	2 or more dessertspoons ginger
$1\frac{1}{2}$ cups sugar	1 teaspoon mixed spice
1 egg	2 teaspoons bicarb. dissolved in a little hot water.
5 cups PERFECTION flour	
$\frac{1}{2}$ cup syrup	

Rub butter into flour, add sugar and all other ingredients. Knead well and roll out. Cut into shapes or into little balls with $\frac{1}{2}$ an almond on top. Oven 400 deg.

MRS. MOULIE ROUP.

BISCUITS.

5 teaspoons ROYAL baking powder	4 teaspoons vanilla essence
4 cups PERFECTION flour	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ teaspoon salt	2 eggs
	$\frac{1}{2}$ lb. castor sugar.

Cream the butter and castor sugar. Add well beaten eggs, then the vanilla essence, then all dry ingredients. Bake in oven at 375 deg.

NUTTY WONDER.

1 cup nuts	4 oz. sugar
$\frac{1}{2}$ lb. butter	$3\frac{1}{2}$ teaspoons ROYAL baking powder
1 cup currants	
$3\frac{1}{2}$ cups PERFECTION flour	2 eggs.

Cream butter and sugar. Add 2 well-beaten eggs, then nuts and currants, then all dry ingredients. Take teaspoonsful and roll in Post Toasties. Bake in moderate oven.

CRUNCHIES.

1 cup PERFECTION flour	1 cup dessicated cocoanut
1 tablespoon golden syrup	1 teaspoon bicarb.
1 cup butter	1 cup sugar.
2 cups oats	

Melt butter and syrup, then stir in soda, until the mixture froths. Add to rest of ingredients. Mix well. Put into a shallow greased pan and bake in slow oven 350 deg. for 45 min. While still hot, cut into squares, but leave in pan until cool. Keep in airtight tin.

MARIE HODES.

PRETZELS.

2 cups PERFECTION flour	$\frac{1}{2}$ lb. butter
1 cake yeast	1 egg.
$\frac{1}{4}$ cup warm milk	

Crumb flour and butter. Mix yeast with milk, add egg. Mix all ingredients together, and allow to rise for 1 hour. Cut roll, dip the top in sugar and stand for a little while. Bake in oven 375 deg. for 10 to 18 minutes.

MRS. L. LEVINE.

BISCUITS.

2 cups PERFECTION flour	$\frac{1}{2}$ cup sugar
2 teaspoons ROYAL baking powder	1 egg
$\frac{1}{2}$ lb. butter	Pinch of salt.

Rub butter into the dry ingredients. Add beaten egg and, if dough is a bit stiff, add a drop of milk. Roll out and cut out with biscuit cutter or with cookie cutter. This pastry can be used for tarts.

SONIA YASVOIN.

ALMOND BUTTER COOKIES. (American).

1 lb. butter	2 cups sugar
2 cups PERFECTION flour	1 teaspoon cinnamon.
1 lb. finely ground almonds	

Cream sugar and butter. Add nuts and flour and form into a ball the size of a small golf ball. Pat down with fork. Bake in slow oven about $\frac{1}{2}$ hour. Do not grease pan.

MRS. RUTH FRANK, Chicago.

BUTTER BISCUITS.

3 $\frac{1}{2}$ cups PERFECTION flour	1 $\frac{1}{4}$ cups sugar
$\frac{1}{2}$ lb. butter	2 teaspoons bicarbonate of soda
2 eggs	Pinch salt
1 level teaspoon ROYAL baking powder	1 teaspoon vanilla essence.

Cream butter and sugar well. Add well beaten eggs. Sift all dry ingredients. Mix with butter mixture. Add vanilla essence and eggs. Press through cookie press. As variations, 2 table-spoons custard powder may be added, or alternatively, cocoa or Nescafe.

SYLVIA UBERSTEIN.

ANGEL COOKIES. (Can be used for Sandwich Cake too).

2 eggs	1 cup PERFECTION flour
$\frac{3}{4}$ cup sugar	4 tablespoons cold water
1 dessertspoon ROYAL baking powder	$\frac{1}{2}$ teaspoon vanilla essence.

Cream egg yolks with sugar, add water, sifted flour and baking powder, and lastly essence. Fold in stiffly beaten egg whites. Pour into cookie cups and bake at 375 degrees for 10 minutes. When cool, cut off top of cookie and spread with jam, and a little blob of whipped cream. Cut slice taken from top into 2 pieces, and replace onto cookie like 2 wings. Dust with icing sugar.

ANNE STEIN.

FOR ANY OCCASION



For **FASHIONS**

PAARL and WORCESTER (Prop. Norval Louw)

SWEETS.

FUDGE.

1 large tin condensed milk	8 tablespoons warm water
5 ozs. butter	1½ lbs. sugar
3 rounded dessertspoons syrup	Pinch of salt Vanilla essence.

Pour condensed milk into heavy-bottomed pan, measure water into empty condensed milk tin, and swill it out, add to the milk in pan together with the butter cut up in small pieces, sugar, syrup and salt. Heat mixture in pan very gently over low heat, not letting it boil until sugar has dissolved, and the grittiness on the bottom of the pan has disappeared. Stir occasionally with a wooden spoon. When sugar has dissolved raise heat and boil fudge fast, stirring all the time, scraping the pan as when making scrambled egg. When the fudge becomes darker and thicker, it must be tested in cold water for setting, scooping it out and testing between finger and thumb. It should be a firm soft ball that holds its shape. Remove pan from heat, cool slightly and add 1 teaspoon vanilla essence, beat until stiff. Pour into tin previously greased, leave until nearly cold and then cut into squares.

REBA KRAWITZ.

COCOANUT ICE.

2 teaspoons butter	2 cups cocoanut
1 cup milk	1 teaspoon lemon or vanilla essence.
3 cups sugar	

Boil butter, milk and sugar until thick, remove from stove and stir in cocoanut and essence. Beat well until it begins to sugar, pour into buttered pan.

MRS. MOULIE ROUP.

RICH FUDGE.

3½ oz. sugar melted in thick based saucepan. Add 2 big tablespoons milk. Add 1 level soup spoon (round) golden syrup. Melt all together. Add 2 cups sugar (breakfast cups—about 8 oz.) Stir well until beginning to turn dark (brownish) yellow—over electric plate—(first high—then medium). Remove from stove, add 1 tin sweetened condensed milk. Replace on stove. First on high, then turn to low. Do not stop stirring, otherwise fudge will burn. Simmer gently until mixture is fudge colour—good brown. Dip knife into fudge—hold under water (cold) form into little ball between fingers. If ball remains soft, continue stirring. If ball is hard, fudge is finished. Pour on to buttered flat biscuit tin. Allow to become a little more than lukewarm. Mark into squares. When cold—keep in a tin (if any is left).

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PRUNE COCOANUT SNOWBALLS.

1 cup prunes

Drop of mint extract

About 16 marshmallows

Shredded cocoanut.

Rinse prunes, cover with water and leave for 10 min. Drain and cool. Remove pits. (Cool and dry). Melt marshmallows over hot water and blend in mint. With 2 forks dip prunes, one at a time into marshmallow mixture, turning over to coat thoroughly. (Add few drops of hot water if marshmallow mixture becomes too stiff). Lift out onto cocoanut and roll until coated on all sides. Cool on waxed paper. Makes 20 snowballs.

CELIA BACH.

ORANGE PLETZLACH.

Take 6 oranges (must be navels). Boil in water until soft, test with fork, to see if soft. Throw off water and leave to cool. When cold, mince through a fish mincer. Weigh pulp and take 1 lb. pulp to 1 lb. sugar and let it simmer on low until it falls away from pot. Stir often not to allow burning. Put on board, flatten with wooden spoon. Leave till cold and cut.

MRS. HAIDEE SANDLER.

APRICOT SWEETS.

1 lb. dried apricots

1 pkt. ROYAL apricot jelly

2 lbs. sugar

1 pkt. ROYAL lemon jelly.

1 teaspoon salt

Soak apricots overnight. Next morning drain off all water, and mince fruit. Add sugar and boil for about 20 minutes. Stir all the time. Just before removing from stove, add jellies and salt, stirring well till dissolved. Pour into flat biscuit tins, previously wetted with cold water. Allow to set for some hours. Cut into squares and roll in castor sugar. A most delicious sweet.

ANNE STEIN.

PRUNES IN SYRUP.

Parboil 1 lb. prunes, take out the pips. Stuff with blanched almonds. Boil it in a syrup of $1\frac{1}{4}$ lb. sugar, $1\frac{1}{2}$ cups water, few pieces of whole ginger, 1 sliced lemon (peeled and pitted). Cook until syrup is ready—like a preserve. Pack in a jar and screw cap on well. Can keep indefinitely.

SUSAN BACK.

PASSOVER DISHES.

BEETROOT JAM FOR PASSOVER.

For a small quantity, ferment six bunches beetroot for about two weeks, washed and peeled. When fermented, cut beetroot into small pieces. Weigh the beetroot and use the same amount of sugar as the weight of the beetroot. When nearly cooked, add 2 sliced lemons and $\frac{1}{2}$ cup of nutmeats and ginger to taste.

SONIA YASVOIN.

GRAPE WINE.

For a 9 gallon barrel of wine, take about 5 large boxes of grapes. Stem the grapes, but do not wash them and put them into the barrel through the bunghole. Do not fill completely, or the wine will boil out during fermentation. Add sugar to your taste. For a very dry wine, the very minimum is 2 lbs. sugar to every 18 lbs. grapes. For a sweet wine, 5 lbs. sugar to 18 lbs. grapes.

Using a new broomstick or similar implement, pound the grapes by thrusting the stick through the bunghole, but do not pound them too much.

Fermentation starts during the 1st day. Stir the grapes twice daily with the stick through the bunghole, for 3 weeks when fermentation should be complete. Now put in the bung making sure the barrel is airtight when closed. Leave to stand for 4 to 5 weeks and during this time, be careful not to move or shake the barrel at all. By the end of this period, the wine should be clear. Draw some off and taste it. If still cloudy, leave to stand longer.

MRS. MOULIE ROUP.

PASSOVER SPONGE CAKE.

6 eggs

3 level egg-cups of cake meal

$\frac{1}{2}$ lb. sugar

Juice of $\frac{1}{2}$ lemon

1 egg-cup potato starch.

Beat sugar and yolks very well. Add lemon juice and the meal. Add stiffly beaten whites. Butter pyrex dish and line with tissue paper and bake in slow oven. (This cake is not as dry as usual Passover sponges).

MRS. SOPHIE SILBERT.

PEISACH SPONGE CAKE.

8 eggs

1 cup castor sugar

$\frac{3}{4}$ glass cake meal

$\frac{1}{4}$ glass potato flour

Rind and juice of 1 lemon.

Mix two flours well together. Beat yolks of eggs and sugar very well, until creamy. Fold in stiffly beaten egg whites, and beat well together. Add rind and lemon juice. Fold in flour gradually, beating gently all the time. Bake in 325 deg. oven for 1 hour to 1 hour 10 minutes.

BELLA BACK.

Boil approx. 1 lb. pumpkin and cool it. Add matzoh meal, 1 egg, cinnamon, sugar and salt. Mix it so that it should be stiff enough to form the cutlet. Fry in vegetable fat. Sprinkle a little cinnamon and sugar mixed over them if preferred. Any other vegetable (yellow one) rice, potatoes or cabbage may be used for this recipe.

MATZO TOAST.

2 eggs

Approx. 10 matzos.

1 large onion, cut across

Salt as required.

Beat eggs lightly, just enough to combine yolks and whites. Place as many matzos as will fill a cookie sheet, close together. Dip the cut sides of onion halves into beaten eggs and rub over each matzo. Sprinkle lightly with salt. Bake at 375 deg. till egg topping is set and lightly browned, (approx. 5 minutes). Serve hot, with tea or coffee. Substitute mixture of sugar and cinnamon for salt. Omit onion but brush on the beaten egg with pastry brush.

CARROT TZIMES.

3 cups diced cooked carrots

2 cups water

$\frac{1}{2}$ cup sugar

1 small onion minced

2 tablespoons fat

Salt, pepper, cinnamon.

3 cups sweet potato

Caramelize sugar in pan. Pour over mixed carrots, water, sweet potato, fat and seasoning. Bake 2 hours.

PASSOVER BEIGEL.

$\frac{2}{3}$ cup water

$\frac{1}{3}$ cup shortening

1 scant cup Matzo meal

$\frac{3}{4}$ teaspoon salt

1 tablespoon sugar

3 eggs.

Combine water and shortening in a saucepan and heat till melted, but not boiling. Add matzo meal, salt and sugar, stirring constantly over a low heat until all the liquid has been absorbed. Add 1 egg at a time, stirring and beating well after each addition. Drop from a tablespoon onto well-greased cookie sheet leaving ample room for expansion. With tip of teaspoon make a hole in the centre of each. Bake 45 min. at 350 deg. or till lightly browned.

PASSOVER LEMON BISCUITS.

4 oz. potato flour

2 oz. butter

1 oz. fine matzo meal

1 egg

2 oz. castor sugar

Grated rind of $\frac{1}{2}$ lemon.

Sieve the potato flour and meal into a bowl, rub in the butter with tips of fingers, then add lemon rind and sugar. Unless it is very small, only about $\frac{3}{4}$ of the egg will be required. Knead lightly and roll out on a board dusted with potato flour. Cut into fingers about 1" by 3" and place on a greased baking sheet. Bake in oven 350 deg. until lightly tinted about 15 - 20 minutes. Handle carefully as these biscuits are very light and break easily.

MRS. HAIDEE SANDLER.

PASSOVER NUT CAKE.

- | | |
|----------------------------------|-------------------------------|
| 9 eggs separated | 2 tablespoons matzo cake meal |
| Juice and grated rind of 1 lemon | 1 cup finely ground almonds. |
| 9 tablespoons sugar | |

Beat egg yolks till light lemon coloured and creamy. Fold in lightly the grated rind, then stir in the juice, a few drops at a time till well combined. Beat egg whites, adding sugar gradually while beating till mixture is stiff. Fold this 2nd mixture into the 1st. with an over and over stroke, adding the finely ground blanched almonds, well dried before putting through the nut grinder with the few final strokes of the mixing spoon. Sprinkle the matzo cake meal over the top and fold in very lightly. Turn the mixture into an ungreased spring cake pan. Bake at 325 deg. for 45 min. to 1 hour or until lightly browned. If you want this cake to rise to maximum height, do not disturb during baking process. Press lightly with forefingers at centre top of cake, to be sure it is not sticky to touch before removing from oven.

PASSOVER MUFFINS.

- | | |
|-----------------------------|---------------------------------|
| 1 cup matzo cake meal | 2 tablespoons melted shortening |
| $\frac{1}{2}$ teaspoon salt | |
| 1 cup boiling water | 5 eggs. |

Combine matzo cake meal, boiling water, salt in mixing bowl and let stand to cool. Grease well 18 - 2 $\frac{1}{2}$ " muffin pans or 36 smaller ones. Bring oven temperature to 350 deg. Beat 1 egg at a time into mixture till batter is formed thick enough to drop from spoon. Fill pans two-thirds full and bake 50 min., for larger muffins and 40 minutes for smaller ones or till puffed into a peak and lightly browned on top. Serve hot or cold.

Variations: Slit each and put spoonful of preserve or cottage cheese flavoured with cinnamon and sugar and enriched with sour cream.

PEANUT MACAROONS.

- | | |
|-----------------------|--------------|
| 2 cups minced peanuts | 1 cup sugar. |
| 2 egg whites | |

Beat egg whites stiffly, add sugar and nuts. Place spoonfuls on a well buttered pan and bake in hot oven.

MRS. HAIDEE SANDLER.

PASSOVER CINNAMON BISCUITS.

- | | |
|-------------------------|--|
| $\frac{3}{4}$ lb. sugar | Enough Passover self-raising flour to make dough |
| 3 eggs | $\frac{1}{2}$ lb. butter. |
| 3 teaspoons cinnamon | |

Cream butter and sugar, add other ingredients. Roll out *small* pieces, cut out and bake. Instead of cinnamon, grated lemon rind can be used. For this roll out and cut into fingers, and bake.

MRS. SOPHIE SILBERT.

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